

Chat Class

PHOBIA

Zahra Shishebori

Fear can be rational and proportional to the situation, helping us avoid harm.

Phobias, on the other hand, are a type of anxiety disorder characterized by an excessive and irrational fear of a specific object, situation or activity.

Phobias often lead to avoidance behavior that can interfere with daily

life.
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What is the phobia?

A phobia is an anxiety disorder

What scares you?

Height? – water? – Germs?

Does it come from your childhood?

When did you realize you have it?

Types of Phobia



Fear of Water

Hydrophobia
an intense, irrational
fear of water



Fear of Height

Acrophobia
an intense and irrational
fear of high places



Fear of Driving

amaxophobia or
vehophobia



Fear of Insects

Entomophobia

PHOBIAS IN ENGLISH



Arachnophobia
(spiders)



Ophidiophobia
(snakes)



Cynophobia
(dogs)



Ornithophobia
(birds)



Acrophobia
(heights)



Aerophobia
(flying)



Nyctophobia
(the dark)



Thanatophobia
(death)



Agoraphobia
(crowds)



Glossophobia
(public speaking)



Claustrophobia
(small spaces)



Technophobia
(technology)



Aquaphobia
(water)



Atychiphobia
(failure)



Hemophobia
(blood)

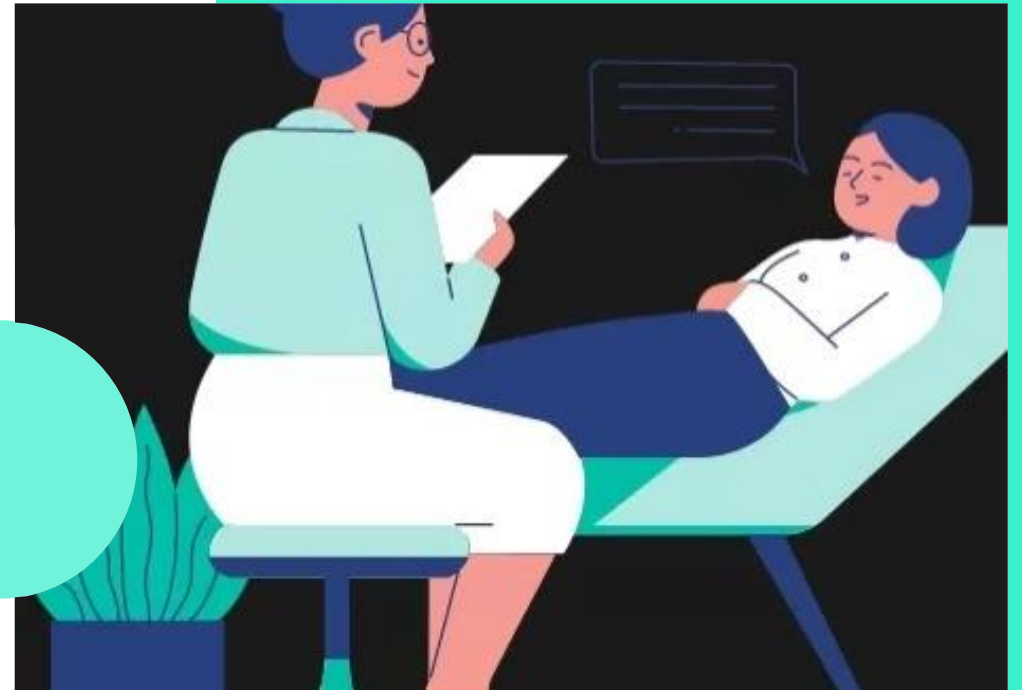


Coulrophobia
(clowns)



How to manage?

- 1- Taking time to calm down
- 2- breathing deeply
- 3- facing your fears gradually
- 4- challenging negative thoughts
- 5- seeking support from others



**THANKS FOR
YOUR ATTENTION**

Zahra Shishebori