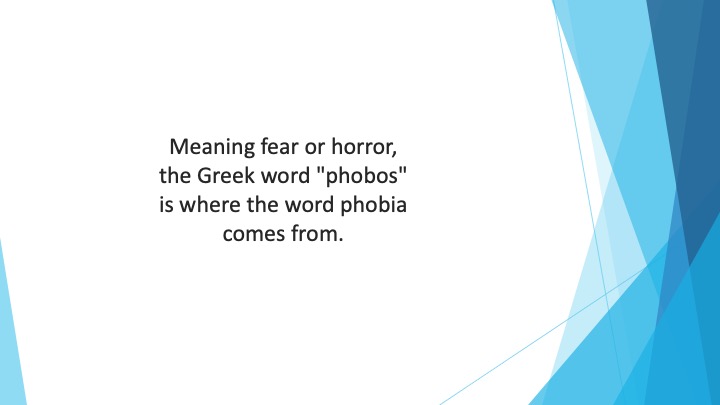
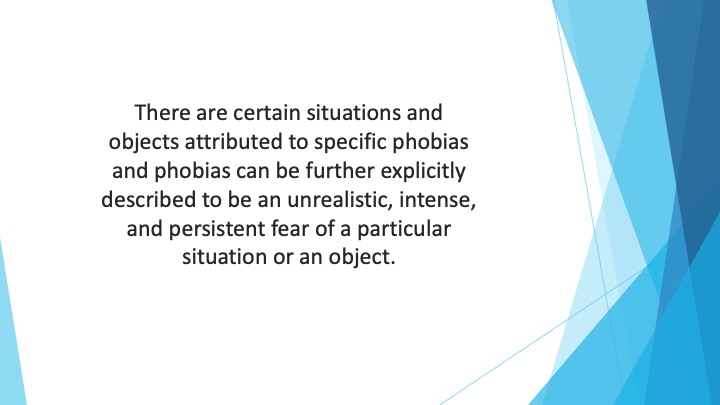
**Chapter 3: Common and Unique Fears**

****

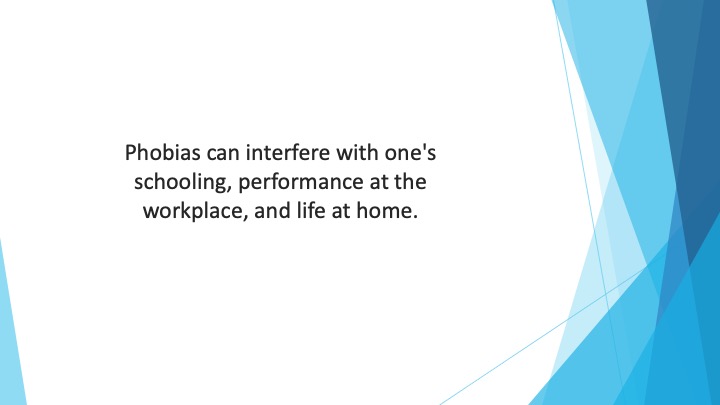
**S1** : In this video, we’ll discover about “Common and Unique Fears”



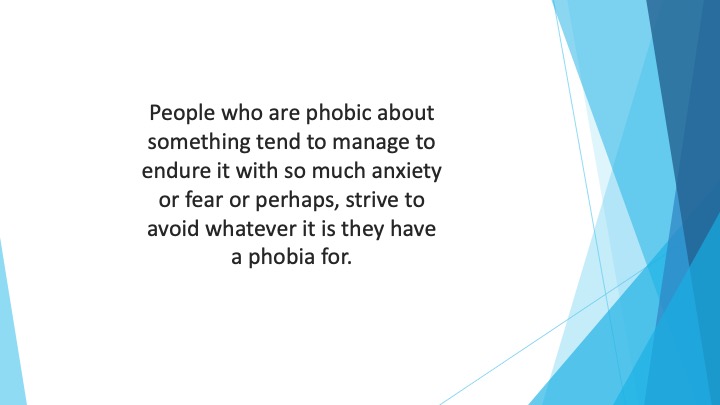
**S2 :** Meaning fear or horror, the Greek word "phobos" is where the word phobia comes from. Phobia is unlikely to cause harm and it's simply an irrational fear of something.



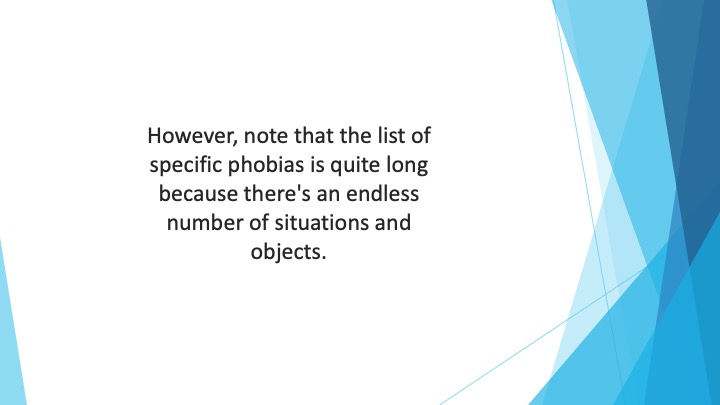
**S3** : Fears associated with specific situations, medical issues, natural environments, or animals are some of what phobias typically involve. There are certain situations and objects attributed to specific phobias and phobias can be further explicitly described to be an unrealistic, intense, and persistent fear of a particular situation or an object.



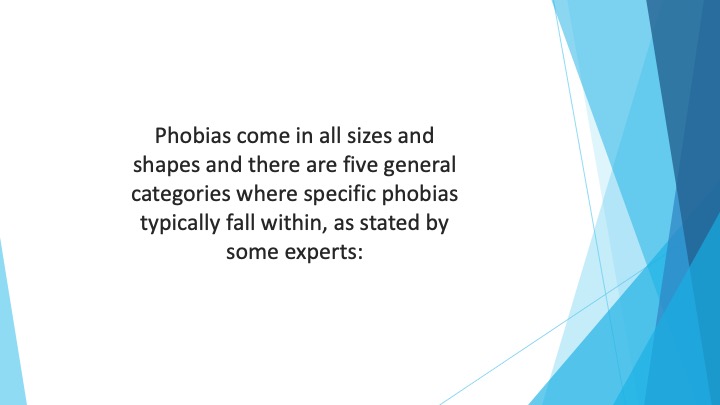
**S4** : Phobias can interfere with one's schooling, performance at the workplace, and life at home. They can as well cause significant distress and they're quite distinct from regular fears.



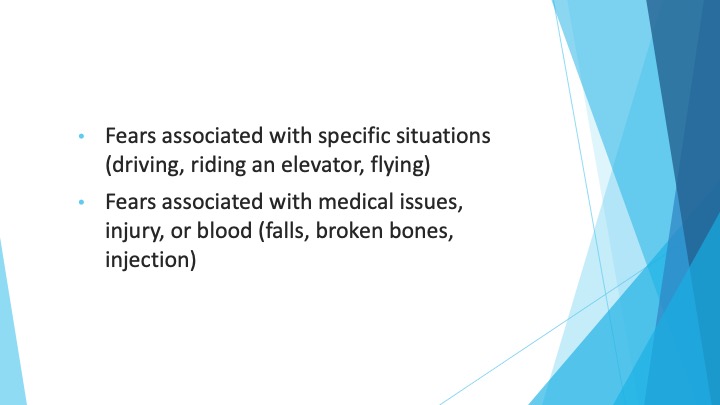
**S5 :** People who are phobic about something tend to manage to endure it with so much anxiety or fear or perhaps, strive to avoid whatever it is they have a phobia for.



**S6 :** However, note that the list of specific phobias is quite long because there's an endless number of situations and objects.

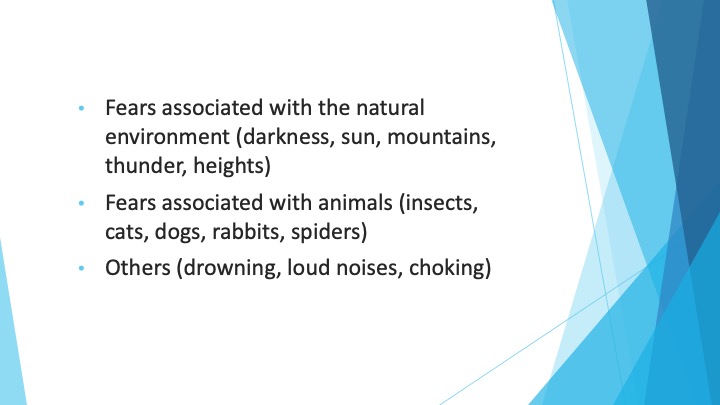


**S7 :** Phobias come in all sizes and shapes and there are five general categories where specific phobias typically fall within, as stated by some experts:



**S8 :** ● Fears associated with specific situations (driving, riding an elevator, flying)

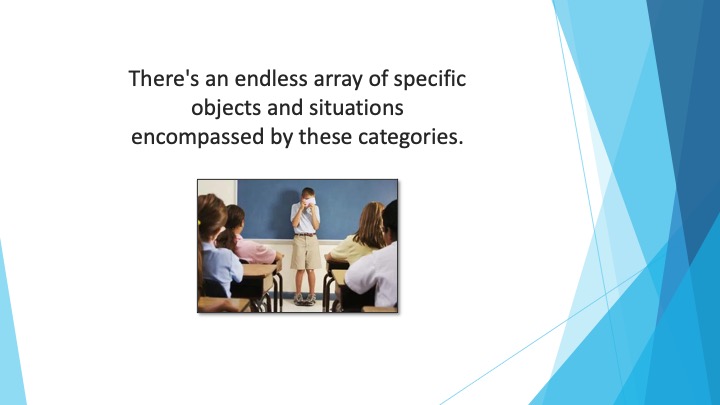
● Fears associated with medical issues, injury, or blood (falls, broken bones, injection)



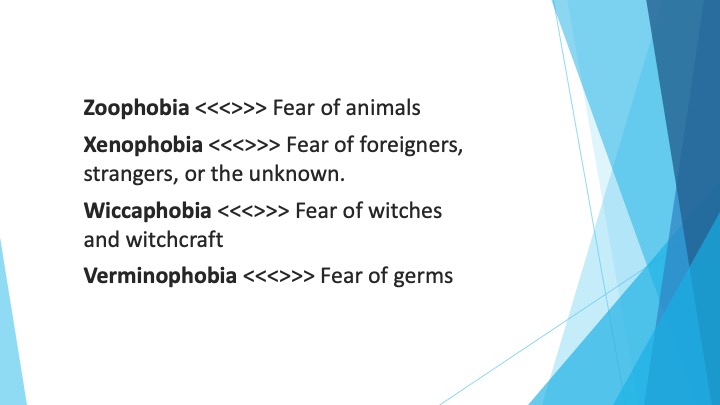
**S9 :** ● Fears associated with the natural environment (darkness, sun, mountains, thunder, heights)

● Fears associated with animals (insects, cats, dogs, rabbits, spiders)

● Others (drowning, loud noises, choking)



**S10 :** There's an endless array of specific objects and situations encompassed by these categories. Nevertheless, here's a fine sum of all fears so far, and to make it more interesting, we'll take it from the bottom to the top alphabetically.

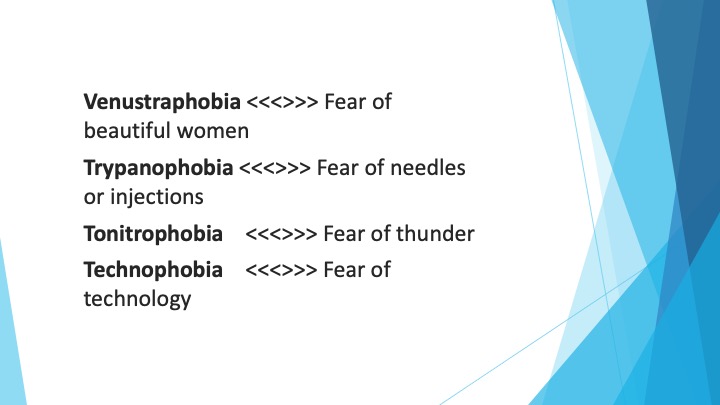
****

**S11 :** Zoophobia <<<>>> Fear of animals

Xenophobia <<<>>> Fear of foreigners, strangers, or the unknown.

Wiccaphobia <<<>>> Fear of witches and witchcraft

Verminophobia <<<>>> Fear of germs

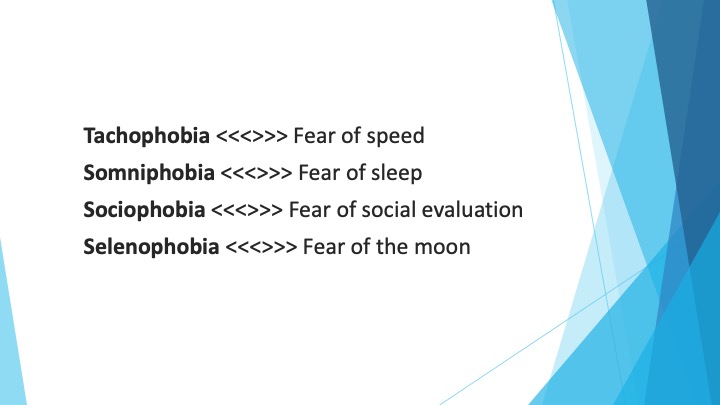


**S12 :** Venustraphobia <<<>>> Fear of beautiful women

Trypanophobia <<<>>> Fear of needles or injections

Tonitrophobia <<<>>> Fear of thunder

Technophobia <<<>>> Fear of technology

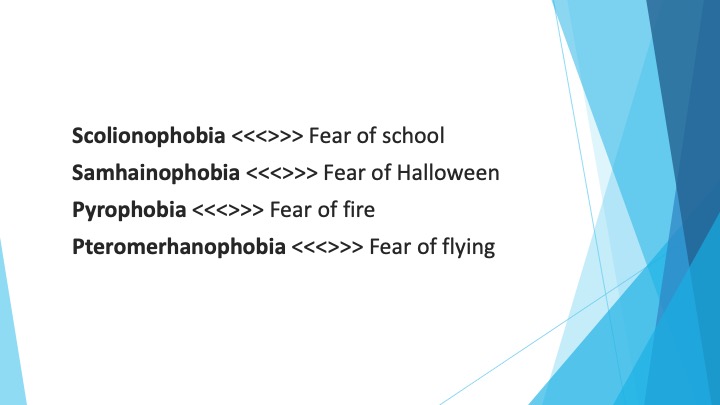


**S13 :** Tachophobia <<<>>> Fear of speed

Somniphobia <<<>>> Fear of sleep

Sociophobia <<<>>> Fear of social evaluation

Selenophobia <<<>>> Fear of the moon

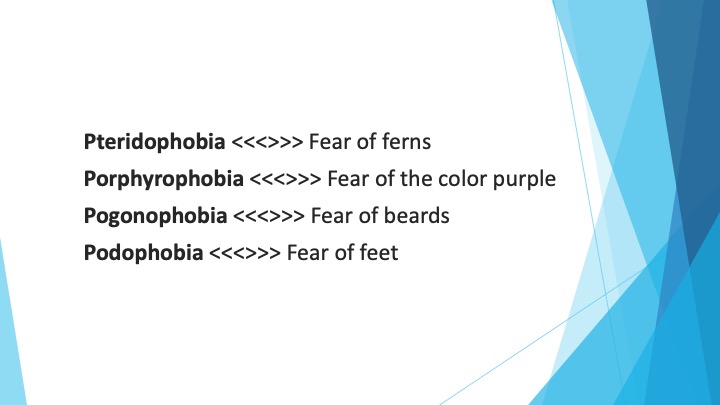


**S14 :** Scolionophobia <<<>>> Fear of school

Samhainophobia <<<>>> Fear of Halloween

Pyrophobia <<<>>> Fear of fire

Pteromerhanophobia <<<>>> Fear of flying

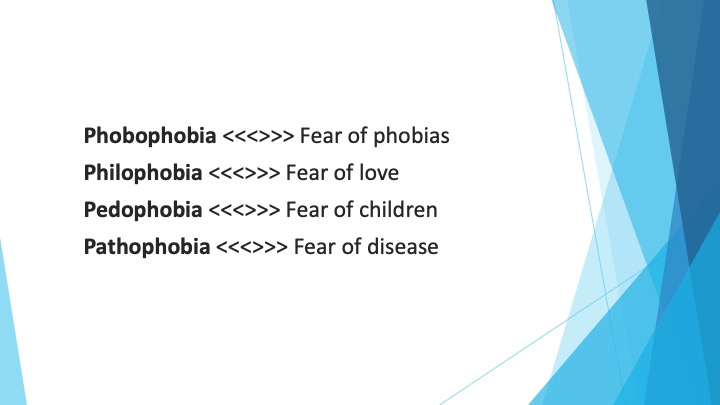


**S15 :** Pteridophobia <<<>>> Fear of ferns

Porphyrophobia <<<>>> Fear of the color purple

Pogonophobia <<<>>> Fear of beards

Podophobia <<<>>> Fear of feet

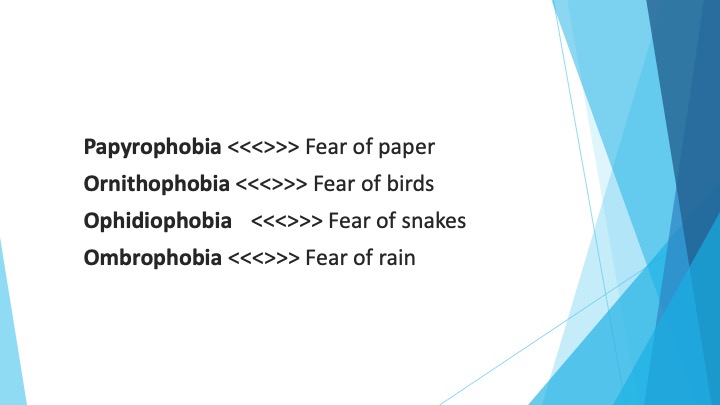


**S16 :** Phobophobia <<<>>> Fear of phobias

Philophobia <<<>>> Fear of love

Pedophobia <<<>>> Fear of children

Pathophobia <<<>>> Fear of disease

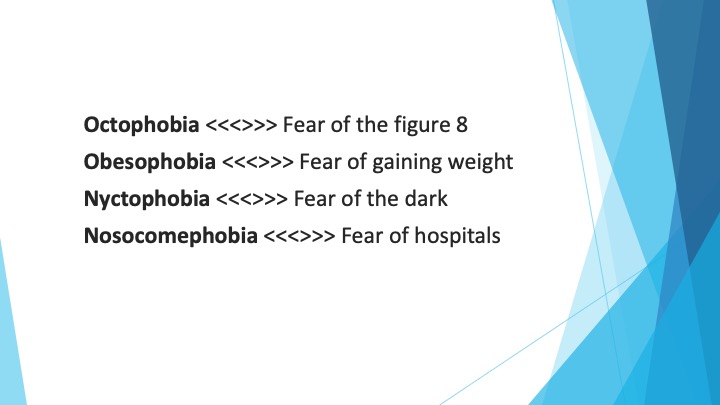


**S17 :** Papyrophobia <<<>>> Fear of paper

Ornithophobia <<<>>> Fear of birds

Ophidiophobia <<<>>> Fear of snakes

Ombrophobia <<<>>> Fear of rain

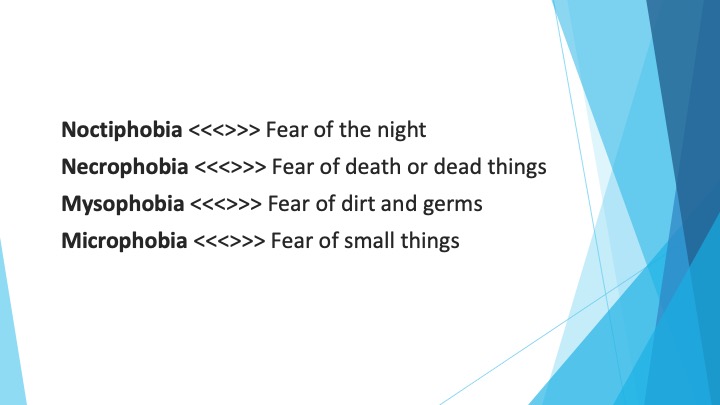


**S18 :** Octophobia <<<>>> Fear of the figure 8

Obesophobia <<<>>> Fear of gaining weight

Nyctophobia <<<>>> Fear of the dark

Nosocomephobia <<<>>> Fear of hospitals

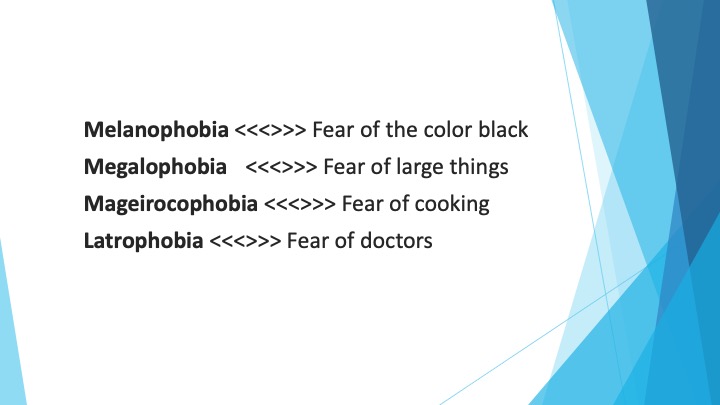


**S19 :** Noctiphobia <<<>>> Fear of the night

Necrophobia <<<>>> Fear of death or dead things

Mysophobia <<<>>> Fear of dirt and germs

Microphobia <<<>>> Fear of small things

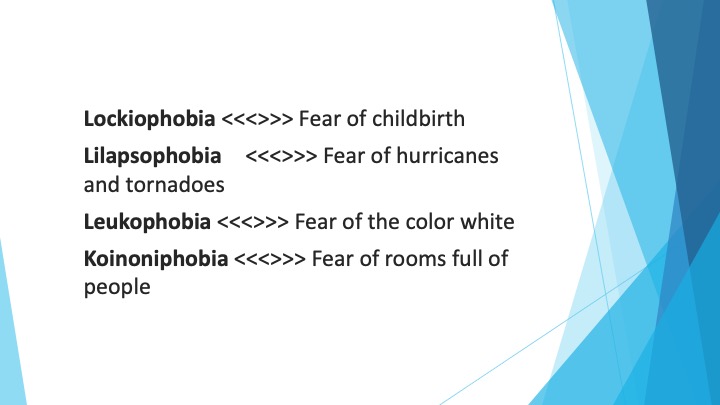


**S20 :** Melanophobia <<<>>> Fear of the color black

Megalophobia <<<>>> Fear of large things

Mageirocophobia <<<>>> Fear of cooking

Latrophobia <<<>>> Fear of doctors

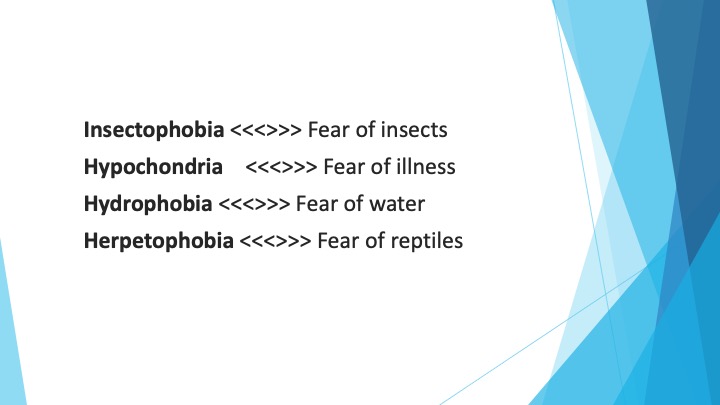
****

**S21 :** Lockiophobia <<<>>> Fear of childbirth

Lilapsophobia <<<>>> Fear of hurricanes and tornadoes

Leukophobia <<<>>> Fear of the color white

Koinoniphobia <<<>>> Fear of rooms full of people

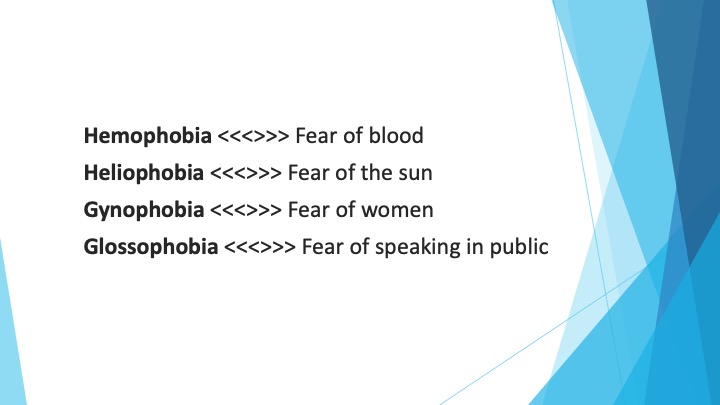


**S22 :** Insectophobia <<<>>> Fear of insects

Hypochondria <<<>>> Fear of illness

Hydrophobia <<<>>> Fear of water

Herpetophobia <<<>>> Fear of reptiles.

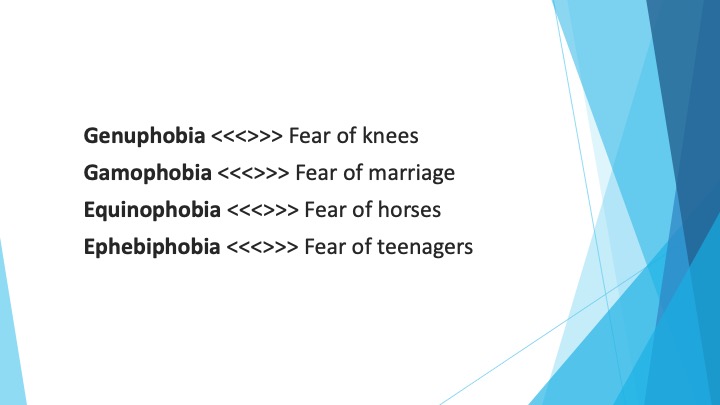


**S23 :** Hemophobia <<<>>> Fear of blood

Heliophobia <<<>>> Fear of the sun

Gynophobia <<<>>> Fear of women

Glossophobia <<<>>> Fear of speaking in public

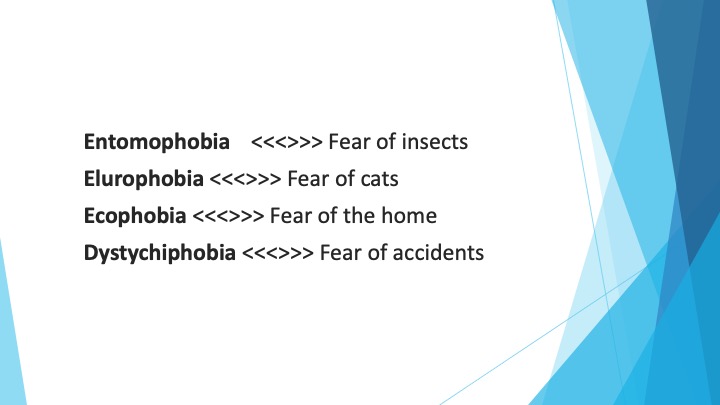
****

**S24 :** Genuphobia <<<>>> Fear of knees

Gamophobia <<<>>> Fear of marriage

Equinophobia <<<>>> Fear of horses

Ephebiphobia <<<>>> Fear of teenagers

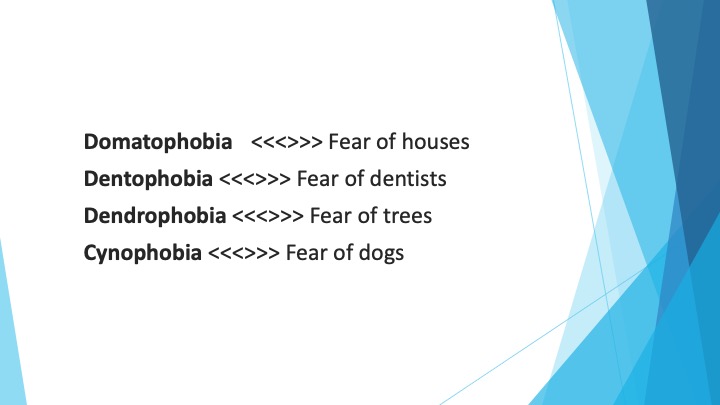
****

**S25 :** Entomophobia <<<>>> Fear of insects

Elurophobia <<<>>> Fear of cats

Ecophobia <<<>>> Fear of the home

Dystychiphobia <<<>>> Fear of accidents

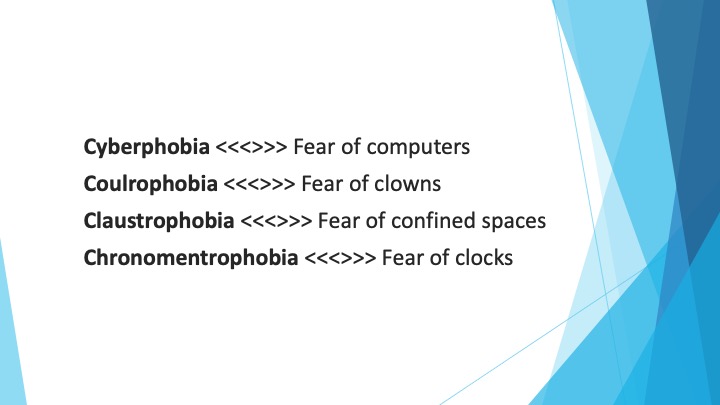
****

**S26 :** Domatophobia <<<>>> Fear of houses

Dentophobia <<<>>> Fear of dentists

Dendrophobia <<<>>> Fear of trees

Cynophobia <<<>>> Fear of dogs

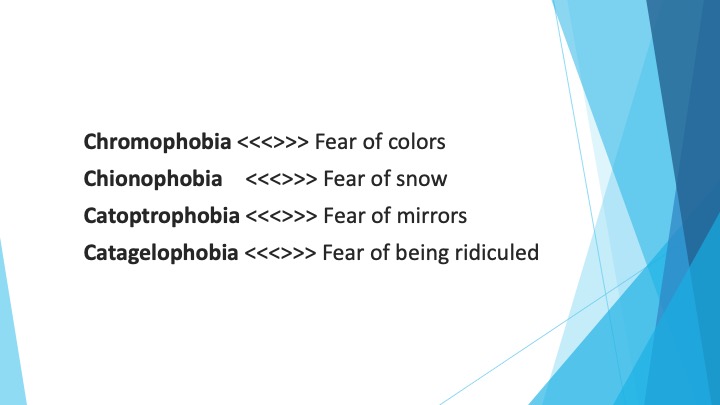
****

**S27 :** Cyberphobia <<<>>> Fear of computers

Coulrophobia <<<>>> Fear of clowns

Claustrophobia <<<>>> Fear of confined spaces

Chronomentrophobia <<<>>> Fear of clocks

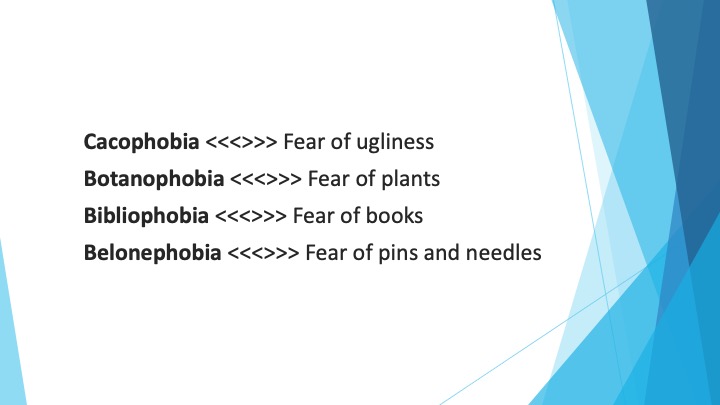
****

**S28 :** Chromophobia <<<>>> Fear of colors

Chionophobia <<<>>> Fear of snow

Catoptrophobia <<<>>> Fear of mirrors

Catagelophobia <<<>>> Fear of being ridiculed

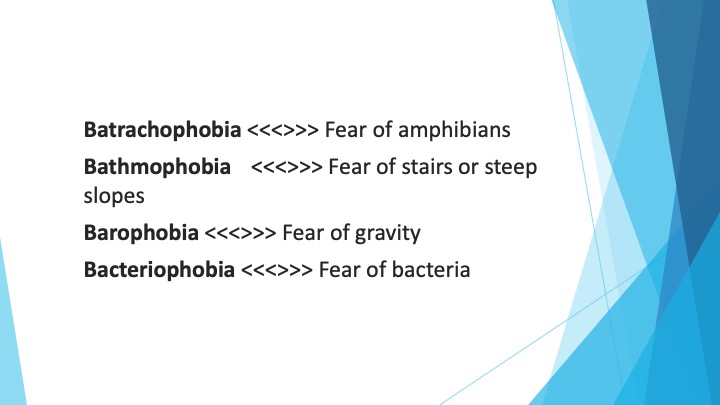
****

**S29 :** Cacophobia <<<>>> Fear of ugliness

Botanophobia <<<>>> Fear of plants

Bibliophobia <<<>>> Fear of books

Belonephobia <<<>>> Fear of pins and needles

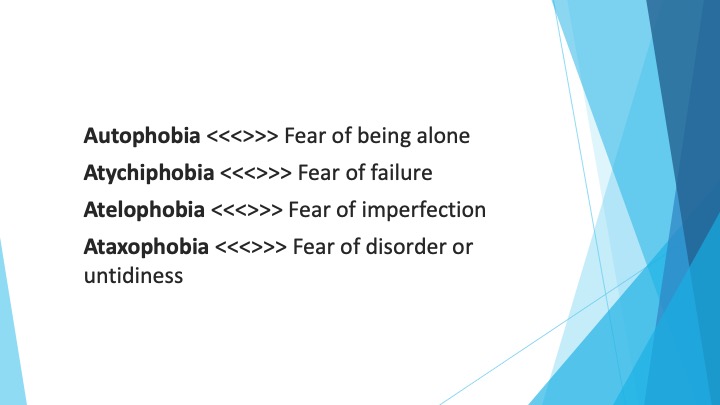
****

**S30 :** Batrachophobia <<<>>> Fear of amphibians

Bathmophobia <<<>>> Fear of stairs or steep slopes

Barophobia <<<>>> Fear of gravity

Bacteriophobia <<<>>> Fear of bacteria

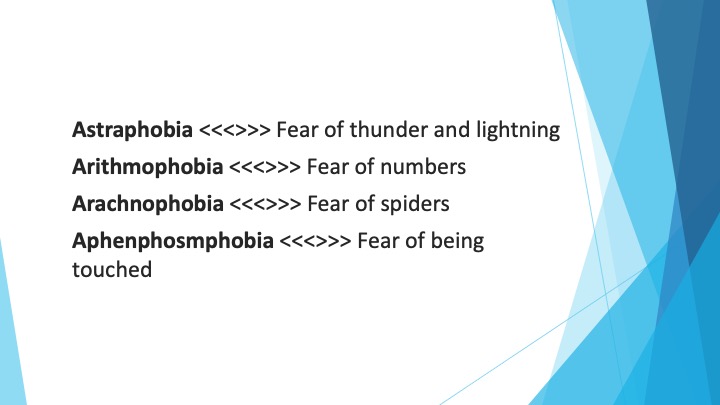
****

**S31 :** Autophobia <<<>>> Fear of being alone

Atychiphobia <<<>>> Fear of failure

Atelophobia <<<>>> Fear of imperfection

Ataxophobia <<<>>> Fear of disorder or untidiness

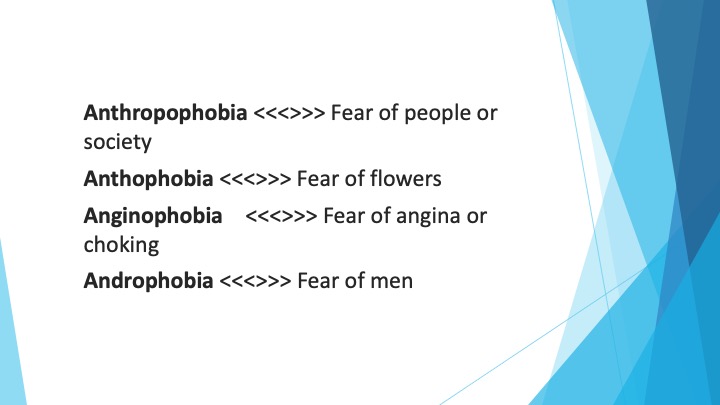
****

**S32 :** Astraphobia <<<>>> Fear of thunder and lightning

Arithmophobia <<<>>> Fear of numbers

Arachnophobia <<<>>> Fear of spiders

Aphenphosmphobia <<<>>> Fear of being touched

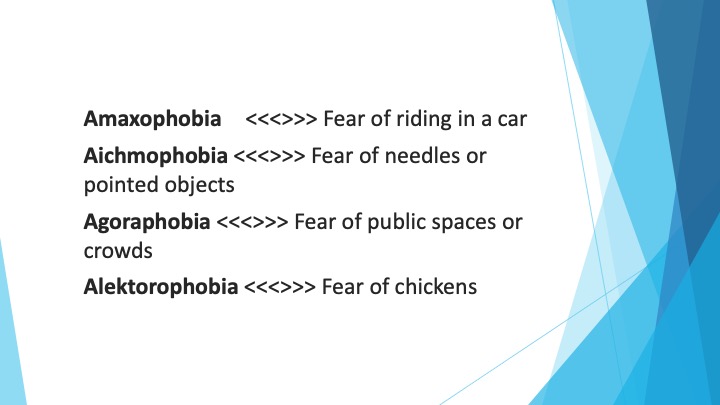
****

**S33 :** Anthropophobia <<<>>> Fear of people or society

Anthophobia <<<>>> Fear of flowers

Anginophobia <<<>>> Fear of angina or choking

Androphobia <<<>>> Fear of men

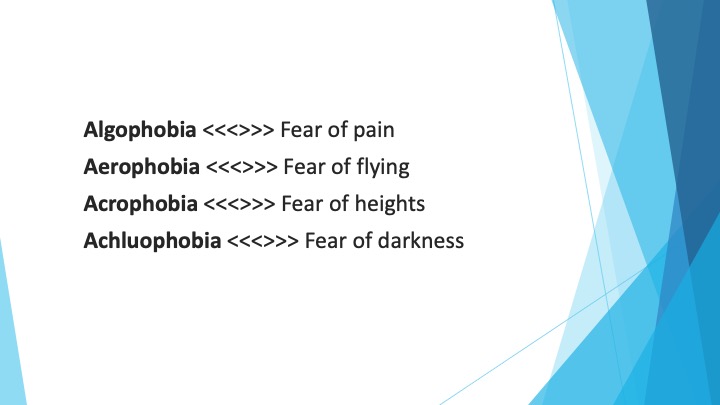
****

**S34 :** Amaxophobia <<<>>> Fear of riding in a car

Aichmophobia <<<>>> Fear of needles or pointed objects

Agoraphobia <<<>>> Fear of public spaces or crowds

Alektorophobia <<<>>> Fear of chickens

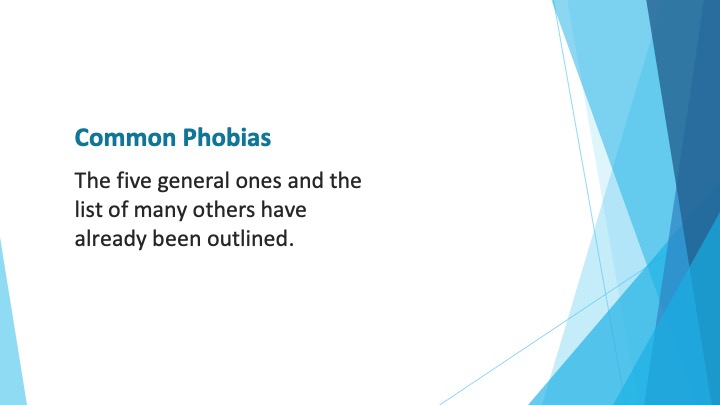
****

**S35 :** Algophobia <<<>>> Fear of pain

Aerophobia <<<>>> Fear of flying

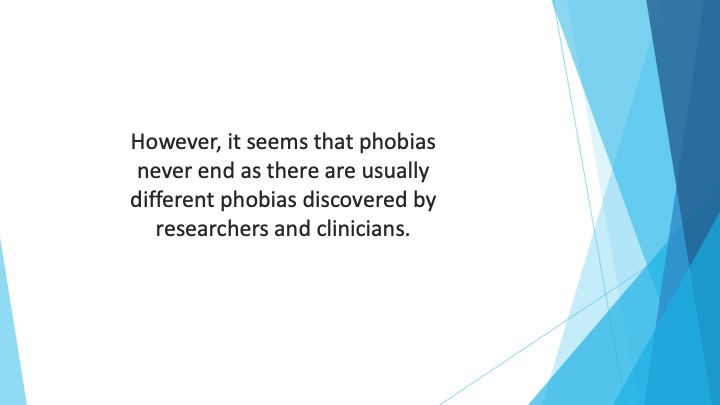
Acrophobia <<<>>> Fear of heights

Achluophobia <<<>>> Fear of darkness

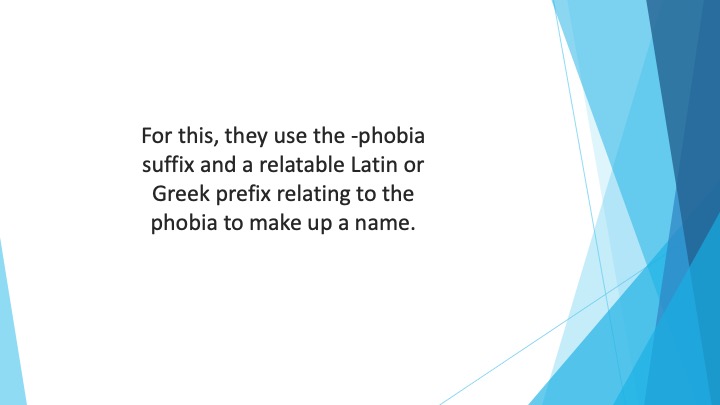
****

**S36 :** Common Phobias

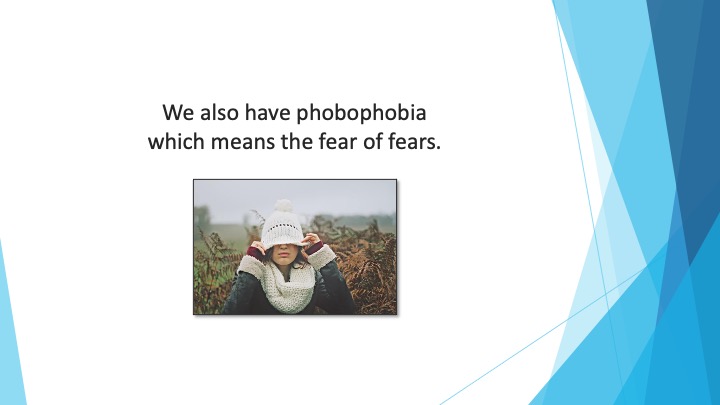
When one speaks of phobias, the list is endless. The five general ones and the list of many others have already been outlined.

****

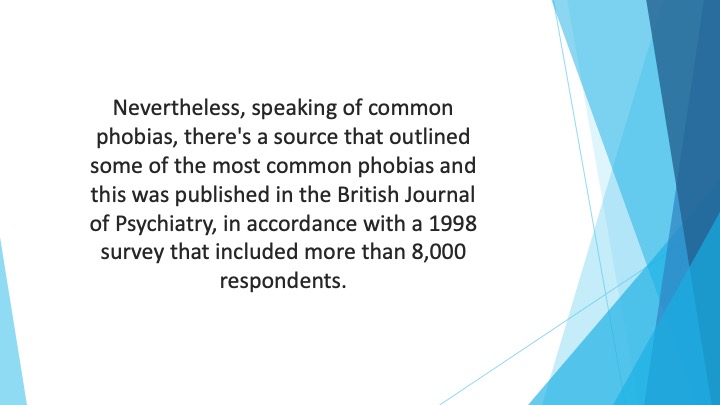
**S37 :** However, it seems that phobias never end as there are usually different phobias discovered by researchers and clinicians. These medical experts have found it necessary to rise to the occasion of naming different phobias as they are identified.

****

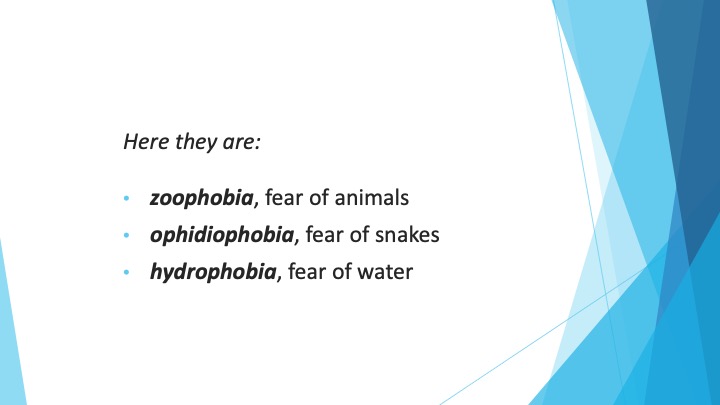
**S38 :** For this, they use the -phobia suffix and a relatable Latin or Greek prefix relating to the phobia to make up a name. For instance, hydro (water) and phobia (fear) are combined to make hydrophobia which means the fear of water.

****

**S39 :** We also have phobophobia which means the fear of fears.

****

**S40 :** Nevertheless, speaking of common phobias, there's a source that outlined some of the most common phobias and this was published in the British Journal of Psychiatry, in accordance with a 1998 survey that included more than 8,000 respondents.

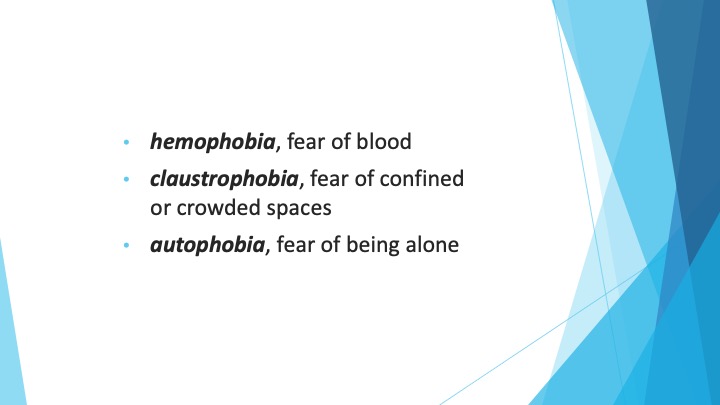
****

**S41 :** Here they are:

● zoophobia, fear of animals

● ophidiophobia, fear of snakes

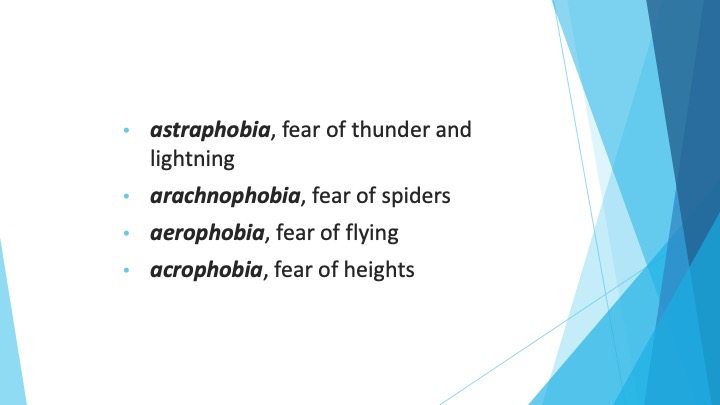
● hydrophobia, fear of water

****

**S42 :** ● hemophobia, fear of blood

● claustrophobia, fear of confined or crowded spaces

● autophobia, fear of being alone

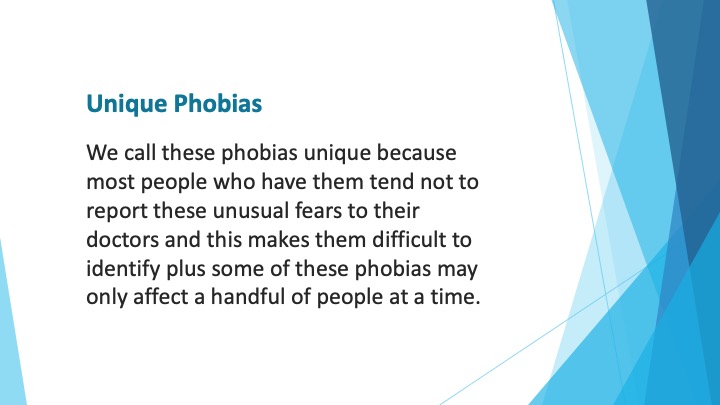
****

**S43 :** ● astraphobia, fear of thunder and lightning

● arachnophobia, fear of spiders

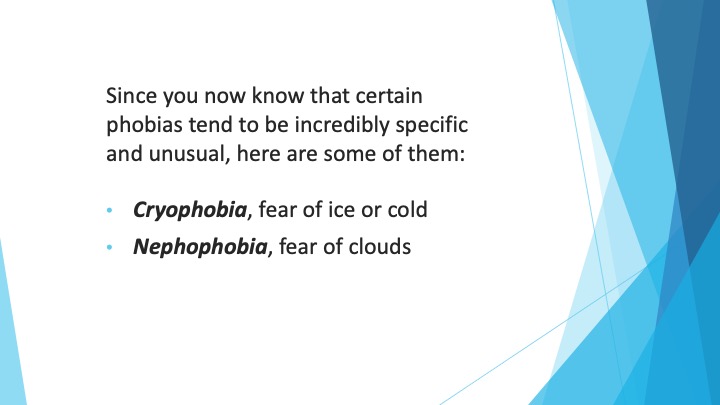
● aerophobia, fear of flying

● acrophobia, fear of heights

****

**S44 :** Unique Phobias

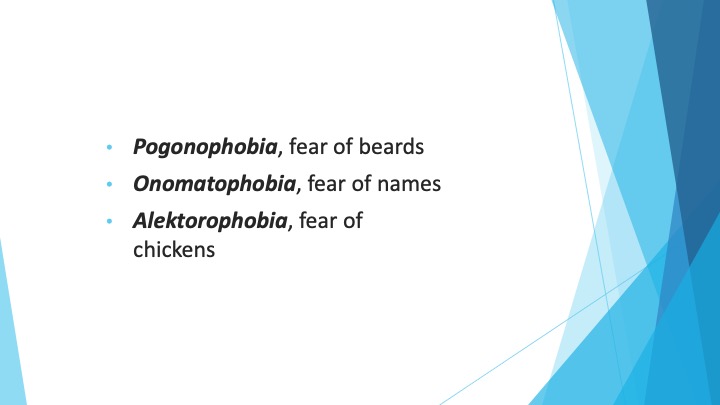
Just as we have common phobias, you shouldn't find it surprising that we also have unique phobias. We call these phobias unique because most people who have them tend not to report these unusual fears to their doctors and this makes them difficult to identify plus some of these phobias may only affect a handful of people at a time.

****

**S45 :** Since you now know that certain phobias tend to be incredibly specific and unusual, here are some of them:

● Cryophobia, fear of ice or cold

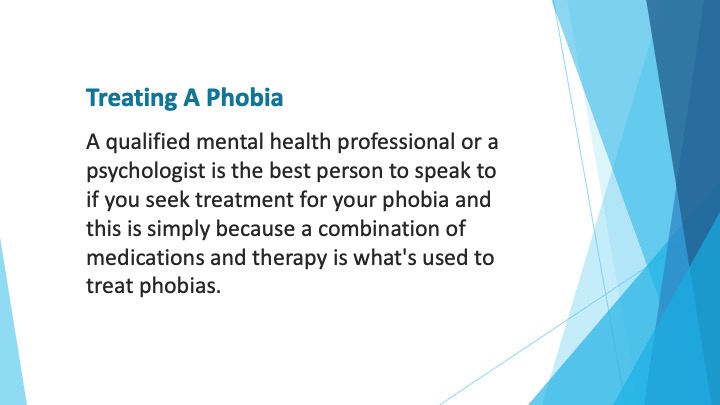
● Nephophobia, fear of clouds

****

**S46 :** ● Pogonophobia, fear of beards

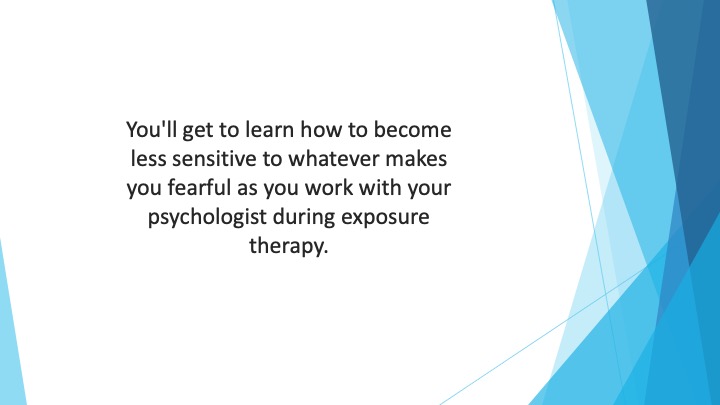
● Onomatophobia, fear of names

● Alektorophobia, fear of chickens

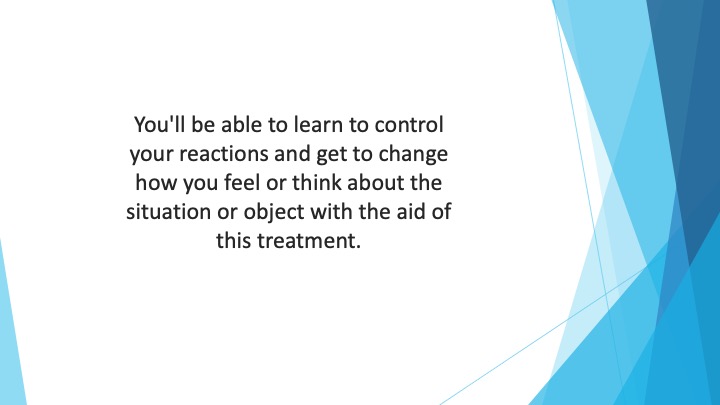
****

**S47 :** Treating a Phobia

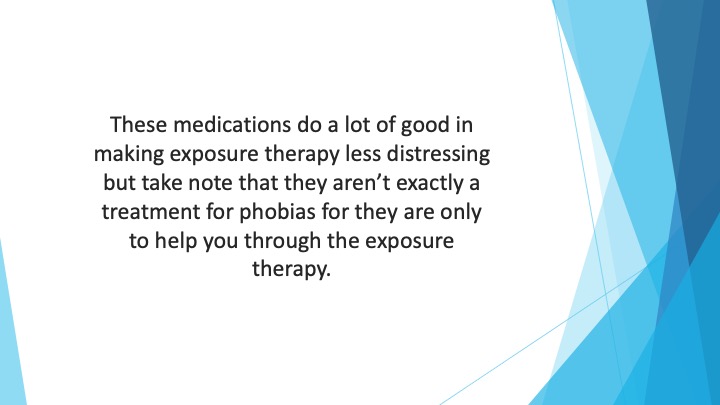
A qualified mental health professional or a psychologist is the best person to speak to if you seek treatment for your phobia and this is simply because a combination of medications and therapy is what's used to treat phobias. Howbeit, exposure therapy is a type of psychotherapy that's noted to be very effective in treating specific phobias.

****

**S48 :** You'll get to learn how to become less sensitive to whatever makes you fearful as you work with your psychologist during exposure therapy.

****

**S49 :** You'll be able to learn to control your reactions and get to change how you feel or think about the situation or object with the aid of this treatment. Benzodiazepines and beta-blockers are some of the medications that can be recommended to you to help reduce your panic, fear, anxiety, and uncomfortable feelings you may have.

****

**S50 :** These medications do a lot of good in making exposure therapy less distressing but take note that they aren’t exactly a treatment for phobias for they are only to help you through the exposure therapy.