

# Phobias in people's life: types, causes, prevention

## Introduction

Phobia — an extreme or irrational fear of or aversion to something.

### Major categories of phobias:

- fear of the natural environment (astraphobia, dendrophobia, hydrophobia)
- related to animals (cynophobia, batrachophobia, equinophobia)
- related to medical treatments or issues (dentophobia, trypanophobia, hemophobia)
- related to specific situations (claustrophobia, glossophobia, aerophobia)

Types of phobias: arachnophobia, technophobia, agoraphobia, acrophobia, claustrophobia, hydrophobia, etc. ... (a number of examples)

### **Causes of fears and phobias**

[influences on our attitudes towards new situations, emotional 'baggage', being programmed for failure, irrational phobias, childhood, daunting situations, unfamiliar situations, negative statements, ...].

### **The impact of phobias on a person's life**

#### When do phobias become health issues?

[the fear interferes with your ability to carry out daily activities, one cannot work efficiently, fears put a strain on personal relationships, reduce self-esteem, ...].

### **Dealing with fears and phobias**

[colour one's response to new situations, 'can-do' messages, the importance of taking risks, building confidence, *Fear should not stand in a person's way* ...].

### **Tips to overcoming phobias**

Recommendations you could give those people who lack confidence and feel fearful.

[be in grave danger, be in imminent danger, fraught with danger, risk-averse society, calculated risk, inherent risk, ...].

### **Fear, danger and risk**

**Risky professions** (skyscraper window cleaner, miner, deep-sea fisherman, logger, emergency rescue workers, security guard, military personnel, electrician, police officer ...)

#### *Police officer*

[patrol high-crime area, arrest people who break the law, respond to emergencies]

#### *Electrician*

[install and maintain wiring systems, at risk of falling, work on ladders, exposed to toxic materials]

#### *Security guard*

[faced with precarious situations, abusive behaviour, be on high alert]

### **Conclusion**

## *Recommended vocabulary*

exposure to radiation

arachnophobia

technophobia

agoraphobia

acrophobia

claustrophobia

hydrophobia

a daunting situation

'can-do' messages

imminent danger

a risk-averse society

a calculated risk

an inherent risk

to remain unmarried

to be a coal miner

to ride in cars

to choke on food

to be struck by lightning

to be bitten by an animal or insect

to carry round baggage (attitudes and beliefs)

to colour one's response to new situations

to be programmed for failure

to develop irrational phobias

to experience phobias

to have a serious impact on a person's life

to deal with a phobia

to be fraught with danger

to be in grave danger

to play safe

to pay off

to be in an emergency situation

to react in emergencies

to reinforce negative stereotypes

to have a good moan about

to become a health issue

to carry out daily activities

to put a strain on one's relationships