PHOBIAS

Whether we admit it or not, most of us are scared of something. Some of us are afraid of snakes and even babies. This kind of fear is called Phobia.

WHAT IS A PHOBIA?

A phobia is a type of anxiety disorder that causes an individual to experience extreme irrational fear about a situation, living creature, place, or object.

When a person has a phobia, they will often shape their lives to avoid what they consider to be dangerous. The imagined threat is greater than any actual threat posed by the cause of terror.

TYPES OF PHOBIA

GAMOPHOBIA: Marriage is a serious decision for every person. It can be the stuff of nightmare for some while a fancy dream for others. So much so that we must have all come across people who say things like, "I'm not ready for marriage", "Marriage is not for me", "The idea of marriage is disturbing for me" All these are signs of running away from marriage or, in other words, the fear of marriage. So why are people afraid of marriage? The fear of marriage can arise from negative experiences of marriage witnessed in one's own family or close circle. The idea of being attached to one person makes some people think that it is better to live alone.

TRYPOPHOBIA: Why these or any images produce intense response in some people and not others is unknown.

Trypophobia is mainly visual. If you have this phobia, you might feel anxiety, disgust, and discomfort when looking at things like: strawberries, bubbles, leopards or Dalmatians. All of them have somethins in common holes.

CYNOPHOBIA: Cynophobia is an extreme fear of dogs. Children and adults with this disorder go out of their way to avoid dogs. They may have severe anxiety or a full panic attack when hearing a dog bark.

What causes a phobia?

There isn't one particular cause of phobias. There are various factors that might contribute to developing a phobia; Past incidents or traumas or Genetic factors.

READING

1 **BEFORE YOU READ Learn more phobias. Match the following phobias with the correct pictures.**

- *Are you afraid of something?*
- *Do you try to overcome that fear?*

2 **Read the text PHOBIAS and answer the questions below.**

1 What's a phobia?

a extreme fear
b eating disorder
c doesn't mention

2 A person who is alarmed about getting married is consider that he or she has…

a cynophobia
b gamophobia
c trypophobia

3 What is Gamophobia about?

a fear of marriage
b fear of holes
c fear of dogs

4 The fear of holes is called ..... .

a cynophobia
b gamophobia
c trypophobia

5 Why are there people with trypophobia?

a It's not clear yet.
b It's because negative experience.
c It's because clowns

6 Past incidents, traumas or genetic factors can cause:

a cynophobia
b phobias
c hemophobia

7 Why do some people avoid dogs?

a They have cynophobic
b They have cynophobia
c They like cats

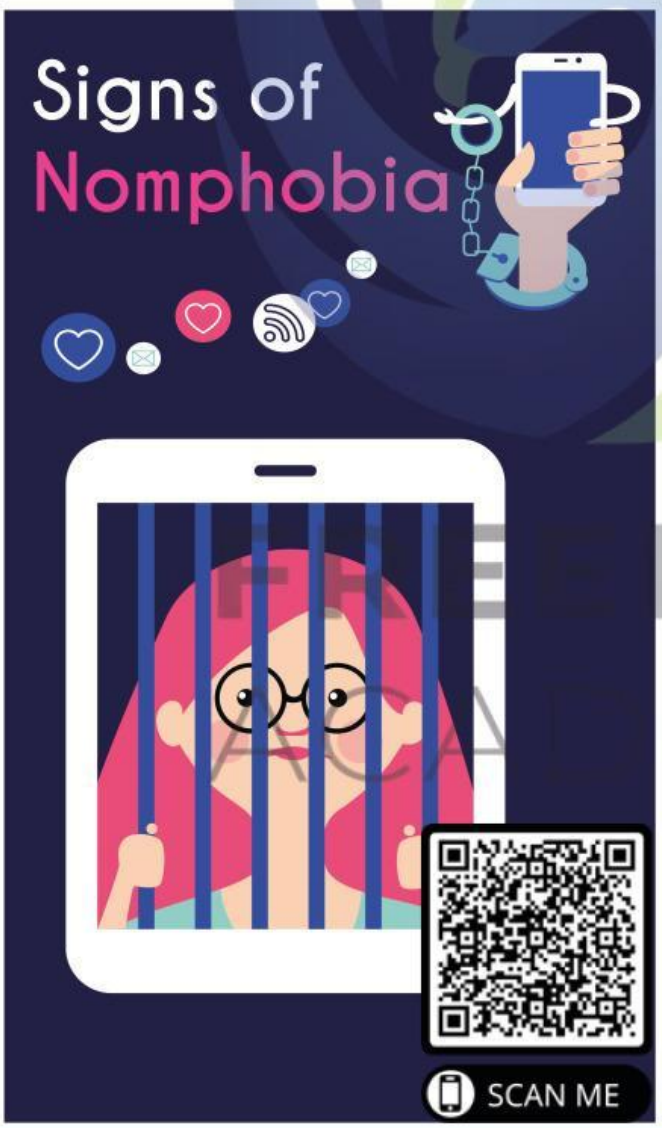
FREEDOM ACADEMY

LISTENING

1 **BEFORE YOU LISTEN Answer the following quiz to know if you have Nomophobia.**

- *Do you get worried not to have your cellphone with you?*
- *What will you do if you aren't allowed to use your cellphone?*
- *Is it challenging not to have your cellphone for at least one hour?*
- *Are you convinced that you can't live with your cellphone?*
- *Is it frustrating not to take photos to post on Facebook?*
- *Are you terrified when your cellphone runs out of battery?*

2 **Listening: Listen to the audio about Nomophobia then answer the questions.**



1 Nomophobia comes from

a No Mobile Phone

b No phone

c None

2 You feel alone when you leave your phone at home.

a True

b False

3 If you use your cellphone as an alarm clock, don't put it ..... to your nightstand.

a next

b behind

c under

4 To reduce dependence of your cellphone, delete .....

a photos

b videos

c all your social media.

5 Use ..... when is not necessary to use cellphone.

a airplane mode

b silent mode

c reading mode

3 **Watch the video and answer the following questions.**

1 Is the boy always with his cellphone?

.....

2 Does he feel relaxed when his mom said "No phones on the table"?

.....

3 How does he feel when his mom take his phone off?

.....

4 Why did the mother and her son fight?

.....

5 Do you think all of them are nomophobic?

.....

6 Do you think all of them are nomophobic?

.....

FREEDOM ACADEMY