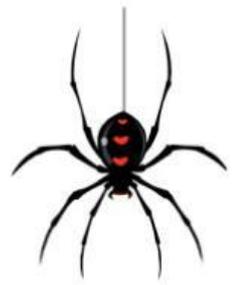


PHOBIAS

What is a phobia?

A phobia is an intense fear or feeling of anxiety that occurs only in a particular situation that frightens you.



This might be something as seemingly logical as a fear of heights, or as illogical as a fear of the colour green. At other times you don't feel anxious. For example, if you have a phobia of spiders (as millions of people do), you only feel anxious when there's a spider around, otherwise you feel fine.

About one in ten people has a significant phobia, although few people seek treatment.

People develop phobias to all sorts of things. Each phobia has its own name. Some (of a very long list) include:

- Musophobia – fear of mice
- Peladophobia – fear of bald people
- Amathophobia – fear of dust
- Pnigophobia – fear of choking or smothering
- Maieusiophobia – fear of childbirth
- Homichlophobia – fear of fog
- Arachibutyrophobia – fear of peanut butter sticking to the roof of your mouth