



Read the texts. Match the descriptions of the people's behaviour to the descriptions of phobias. One behaviour description is extra.

1. Maria won't join us for an excursion as the weather forecast promises rain and even a storm.
2. Ann refused a good job because her office was on the 20th floor and with huge windows.
3. George will go to the country with us only if we return early. He hates to drive in the evening.
4. Helen won't go with you to the Black Sea coast. She doesn't like hot crowded places.
5. Robert has found a wonderful job but he has to walk every day to the 15th floor as he never uses lifts.
6. David refuses to speak at the meeting. He gets lost in front of a big audience.

A. Claustrophobia is the fear of having no escape and being closed in small spaces or rooms. It is typically classified as an anxiety disorder and often results in panic attack, and can be the result of many situations, including elevators crowded to capacity, windowless rooms, and even tight-necked clothing. One study indicates that 5-7% of the world population is affected by severe claustrophobia, but only a small percentage of these people receive some kind of treatment for the disorder.

B. Acrophobia is an extreme or irrational fear of heights. Most people experience a degree of natural fear when exposed to heights, especially if there is little or no protection. The lack of such fear is known as having a "head for heights". Acrophobia sufferers can experience a panic attack in a high place and become too excited to get themselves down safely. Between 2 and 5 percent of the general population suffer from acrophobia, with twice as many women affected as men.

C. Astraphobia is an abnormal fear of thunder and lightning. A person with astraphobia often feels anxious during a thunderstorm even when they understand that the threat to them is minimal. Some symptoms are typical of other phobias like trembling, crying, panic reactions. However, there are some reactions that are unique to astraphobia. For instance, many people may hide under a bed, under the covers, in a closet, in a basement, or in any other space where they feel safer.

D. Nyctophobia is a phobia characterized by a severe fear of the dark. It starts due to the brain's disfigured perception of what would or could happen when in a dark environment. The fear of darkness is a psychologically based feeling of being disposed from comfort to a fear-evoking state. The fear of darkness or night is a phobia generally related to children but many clinics with pediatric patients have a great chance of having adults as well.

E. Heliophobia is a strong fear of sunlight. Heliophobia forces its victims indoors whenever there is sunshine, it will make them more prone into becoming Vitamin D deficient. However, this can be corrected by taking Vitamin D foods. It should especially be noted that any form of heliophobia that is based on fears can result in agoraphobia, fear of public places. It means that people think that some environments are dangerous or uncomfortable because they are open or crowded.

A	B	C	D	E

