

what is phobia pdf

A phobia is an extreme form of fear or anxiety triggered by a particular situation (such as going outside) or object (such as spiders), even when there is no danger.

Understanding phobias understanding - Mental Health Foundation

What is a specific phobia? People with a specific phobias have an excessive and unreasonable fear in the presence of or anticipation of a specific object, place, or situation. Common specific phobias include animals, insects, heights, thunder, driving, public transportation,

Specific Phobias - Home | Anxiety and Depression

According to the American Psychiatric Association, a phobia is an irrational and excessive fear of an object or situation. In most cases, the phobia involves a sense of endangerment or a fear of harm. For example, those with agoraphobia fear being trapped in an inescapable place or situation.

What Is a Phobia? - Verywell Mind

2 types of phobia - specific or not About one in ten people have a specific phobia. A specific phobia is an intense fear (or panic attack) triggered by a particular object or situation. This can be literally anything - from spiders to balloons, buttons to fish. A non-specific phobia is a more generalised fear such as agoraphobia (fear of open spaces).

Phobias - Strange But Simple, Terrible But Treatable

Phobias and Irrational Fears How to Recognize, Treat, and Overcome a Phobia. Almost everyone has an irrational fear or twoâ€”of spiders, for example, or your annual dental checkup. For most people, these fears are minor. But when fears become so severe that they cause tremendous anxiety and interfere with your normal life, theyâ€™re called phobias.

Phobias and Irrational Fears: How to Recognize, Treat, and

Separation anxiety disorder is a common childhood anxiety disorder that has many causes. Infants, children, older kids and adults can suffer from symptoms of separation anxiety disorder. Common separation anxiety treatment methods include therapy and medications.

Phobia Definition, List of Types, Causes & Treatment

Social anxiety disorder, sometimes referred to as social phobia, is a type of anxiety disorder that causes extreme fear in social settings.

Social Anxiety Disorder: Causes, Symptoms & Diagnosis

Asthenophobia- Fear of fainting or weakness. Astraphobia or Astrapophobia- Fear of thunder and lightning.(Ceraunophobia, Keraunophobia) Astrophobia- Fear of stars or celestial space.

list of phobias - The Post-Apocalyptic Forge

Social anxiety disorder. Also called social phobia, this is when you feel overwhelming worry and self-consciousness about everyday social situations. You fixate about others judging you or on ...

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