

PHOBIA



The moment you come across this word, there is the possibility a specific object, memory, situation flashes through your mind. This is what a phobia is – a unique fear of something specific to you. Phobias are largely unexplained, there is no real reason why someone would fear their triggers. However, in a percentage of people, it is brought on by unpleasant situations, traumatic events. For example, someone who was in a car accident could be scared of driving (Vehophobia), uncomfortable being in any kind of vehicle (Amaxophobia), or have Dystychiphobia which is the fear of being in an accident.

Phobias are named after the object of reaction and range from common to distinctive. There is also a fear of fear known as Phobophobia.

Phobias broadly fall under 5 categories:

- fear of creatures (spiders, snakes, birds)
- fear of natural elements and general environment (water, confined spaces, heights)
- fears related to blood, injury, or medical issues (injections, broken bones, falls)
- fear of specific activities, situations (flying, driving, public speaking)
- other (germs, inanimate objects)

People with phobias have different tolerance levels. Arachnophobia (fear of spiders) may cause a mild response in one person while someone else might have a full panic attack and faint at the sight of one. Panic attacks are the most common reaction when people with phobias face their triggers.

It could include:

- Excessive sweating
- Sudden dry mouth syndrome
- Shortness of breath
- Rapid speech, stammering, or inability to speak
- Dizziness, lightheadedness, nausea
- Chest pain, muscle tightness

Singular, mild phobias are usually manageable without specific interventions. They merely avoid their object of fear. People with Complex phobia will need Behavioural Therapy and other treatment options to function in their daily lives.



Read more about **PHOBIA** and other mental health related articles on

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Interested in a consultation? Request an appointment from our [website](#) or mail at

telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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