

# List of Phobias

Name:	Age:
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Gender:	Male	Female	Other:
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**Instructions:**

Below is a comprehensive list of phobias that individuals may experience. Phobias are irrational and excessive fears of specific objects, situations, or activities. It is essential to recognize these fears to address them effectively. Please note that this list is not exhaustive, and individuals may experience phobias not listed here. If you identify with any of these fears, seek support from a healthcare professional for further evaluation and management.

Phobia Name	Description
Acrophobia	Fear of heights.
Aerophobia	Fear of flying.
Agoraphobia	Fear of situations or places that might cause panic, helplessness, or embarrassment.
Aquaphobia	Fear of water
Arachnophobia	Fear of spiders.
Astraphobia	Fear of thunder and lightning.
Autophobia	Fear of being alone or isolated.
Claustrophobia	Fear of enclosed or confined spaces.
Coulrophobia	Fear of clowns.
Cynophobia	Fear of dogs.
Emetophobia	Fear of vomiting or seeing others vomit.
Entomophobia	Fear of insects.
Glossophobia	Fear of public speaking.
Hemophobia	Fear of blood.
Heliophobia	Fear of sunlight
Mysophobia	Fear of germs or dirt.
Necrophobia	Fear of corpses

Phobia Name	Description
Ophidiophobia	Fear of snakes.
Pteronophobia	Fear of feathers
Thanatophobia	Fear of death or dying.
Triskaidekaphobia	Fear of the number 13.
Trypophobia	Fear of irregular patterns or clusters of small holes or bumps.
Trypanophobia	Fear of injections or medical procedures involving needles.
Trypophobia	Fear of small holes/bumps
Zoophobia	Fear of animals.

**Notes**

**Reference:**

Goodman, L. D. (2023, July 31). The ultimate list of common phobias (A to Z). Forbes Health. <https://www.forbes.com/health/mind/list-of-phobias/>