

# Astraphobia

A person with astraphobia will often feel anxious during a thunderstorm even when they understand that the threat to them is minimal. Some symptoms are those accompanied with many phobias, such as **trembling, crying, sweating, panicked reactions**, the sudden feeling of using the bathroom, **nausea**, the feeling of dread, insertion of the fingers in the ears, and **rapid heartbeat**. However, there are some reactions that are unique to astraphobia. For instance, reassurance from other people is usually sought, and symptoms worsen when alone. Many people who have astraphobia will look for extra shelter from the storm. They might hide underneath a bed, under the covers, in a closet, in a basement, or any other space where they feel safer. Efforts are usually made to smother the sound of the thunder; the person may cover their ears or curtain the windows.





