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{
  "disease": "Specific Phobia",
  "symptoms": [
    {
      "symptom": "Phobias, restricted to highly specific situations, objects,
activities",
      "communicationEnglish": [
        "I get really scared in certain situations, like specific places or
activities",
        "Certain things freak me out, like specific situations or objects",
        "I have these fears that are very specific, it's not just general
anxiety",
        "There are certain things that trigger this intense fear in me",
        "It's like I have these specific fears that make me really anxious",
        "I'm terrified of certain situations, it's not just a general fear",
        "Specific things really make me nervous, more than usual",
        "Certain situations or things give me this overwhelming fear",
        "I'm really afraid of specific situations, not just random fears",
        "There are these specific things that make me feel really scared",
        "It's like I have these specific fears that take over in certain
situations",
        "Certain situations or objects really make me panic",
        "I get this intense fear in very specific situations or with certain
things",
        "It's not just general anxiety, there are these specific triggers",
        "Certain activities or situations really make me uncomfortable",
        "I have these specific fears that I can't shake off in certain
situations",
        "Certain things make my fear go through the roof, it's really
specific",
        "I'm terrified of certain situations, not just general uneasiness",
        "Specific things really make me jittery and scared",
        "Certain situations or objects give me this overwhelming fear"
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    {
      "symptom": "Exposure to the above causes panic",
      "communicationEnglish": [
        "Whenever I come across the things I'm afraid of, panic kicks in",
        "Facing my specific fears triggers this overwhelming panic",
        "Panic attacks hit me when I encounter situations, objects, or
activities I fear",
        "I get this intense panic when I'm exposed to what I'm afraid of",
        "It's like a wave of panic washes over me when I confront my
phobias",
        "The moment I'm exposed to my specific fears, panic takes over",
        "I start panicking as soon as I'm in a situation with my specific
phobias",
        "Panic sets in the minute I come into contact with what I'm afraid
of",

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        "Encountering the things I fear causes a sudden and intense panic",
        "It's not just fear, it's full-blown panic when I face my specific
phobias",
        "The panic is immediate when I'm exposed to situations or objects
I'm afraid of",
        "My heart starts racing, and I feel this overwhelming panic when I
encounter my fears",
        "Panic grips me the moment I realize I'm in a situation with my
specific phobias",
        "I can't control the panic when I'm exposed to the things I fear",
        "The fear turns into panic the moment I'm confronted with my
specific phobias",
        "It's not just fear, it's this uncontrollable panic that hits me
hard",
        "I start panicking right away when I'm faced with my specific
fears",
        "The panic is immediate and intense when I come across what I'm
afraid of",
        "Panic takes over, and it's really hard to handle when I'm exposed
to my phobias",
        "My anxiety escalates to full-blown panic when I'm in situations
with my specific fears"
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},
{
    "symptom": "Exposure to the above causes panic",
    "communicationEnglish": [
        "Whenever I face what scares me, I freak out and panic",
        "Things I'm afraid of trigger this immediate sense of panic",
        "It's like my worst nightmares come true, and I panic in those
situations",
        "I go into full-blown panic mode when I'm around what I fear",
        "The fear turns into panic the moment I'm exposed to it",
        "My heart starts racing, and I feel a rush of panic when I see my
specific phobias",
        "There's no controlling it - panic takes over when I encounter my
fears",
        "I can't help but panic when I'm confronted with the things I'm
afraid of",
        "It's not just fear; it's this overwhelming panic that hits me
hard",
        "Panic sets in instantly when I'm in situations with my specific
phobias",
        "The panic is immediate and intense when I come face to face with my
fears",
        "I'm on edge, and panic kicks in as soon as I realize I'm in that
situation",
        "Being exposed to what I fear feels like an instant panic attack",
        "I start panicking right away when I'm faced with my specific
phobias",

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    "The panic is like a tidal wave - it hits me the moment I encounter
my fears",
    "I feel this surge of panic whenever I'm around the things that
scare me",
    "There's this sudden and intense panic that overwhelms me in those
situations",
    "It's more than just fear; it's a deep, gripping panic that takes
hold of me",
    "Facing my phobias isn't just nerve-wracking; it's downright
panic-inducing",
    "Panic is my immediate response when I come across what I'm afraid
of"
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  {
    "symptom": "Panic symptoms",
    "communicationEnglish": [
      "Whenever I attempt to go to those places, I start feeling all
panicky",
      "My heart races, I get super scared, my chest feels tight, and I
start sweating",
      "When faced with my specific phobias, my heart beats really fast, I
feel fearful, and my chest hurts",
      "I experience this intense panic, heart pounding, and sweaty palms
when I try to be in those situations",
      "It's like a rush of fear, my heart goes crazy, and I start feeling
uneasy when I approach those places",
      "Trying to go to certain places brings on these panic symptoms -
heart racing, fear, chest discomfort, sweating, hand tremors, and dizziness",
      "My heart rate shoots up, I feel frightened, my chest gets tight,
and I break into a sweat when exposed to my phobias",
      "I encounter palpitations, fearfulness, chest tightness, sweating,
shaky hands, and dizziness when trying to deal with my specific phobias",
      "The moment I step into those situations, panic symptoms kick in -
my heart races, I get scared, my chest feels weird, and I start sweating",
      "It's not just fear; it's a full-on panic attack with symptoms like
increased heart rate, fear, chest discomfort, sweating, hand tremors, and
dizziness",
      "When I attempt to confront my specific phobias, my sleep gets
disturbed due to the panic symptoms",
      "I go through palpitations, fear, chest pain, sweating, shaky hands,
and dizziness when I'm in those situations",
      "My heart races, I feel intense fear, my chest gets tight, and I
start sweating when I try to face my specific phobias",
      "Trying to go to certain places triggers panic symptoms like
increased heart rate, fear, chest discomfort, sweating, hand tremors, and
dizziness",
      "It's more than just fear; it's this overwhelming panic with
symptoms like heart palpitations, fear, chest pain, sweating, shaky hands, and
dizziness",
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"I experience panic symptoms such as rapid heartbeats, fearfulness, chest tightness, sweating, hand tremors, and dizziness when I attempt to confront my specific phobias",

"Facing my phobias leads to panic symptoms - my heart races, I feel scared, my chest hurts, and I start sweating",

"I go through intense panic symptoms like increased heart rate, fear, chest discomfort, sweating, hand tremors, and giddiness when trying to deal with my specific phobias",

"It's like my body goes into panic mode - my heart races, I feel intense fear, my chest tightens, and I start sweating when exposed to those situations",

"Sleep disturbances are common for me when I try to face my specific phobias due to the panic symptoms"

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