

Phobias and Fears



What is Fear

- Fear is an emotion. It is generally induced when the subject perceives a threat. Phobia is the Greek word for 'fear' and can be defined as the "excessive or unreasonable fear of an object, place or situation.

The difference between fear and phobia

- The main difference lies in the intensity and severity of the emotions experienced in fear and phobia.

different types of phobias

- There are several types of phobias. The common types of phobias can be divided into 'simple' phobias or 'social' phobias. Simple phobias mainly include fear of specific types of objects, insects or situations such as the fear of flying. Social phobias includes the types of phobias like marked fear of social or performance situations.

Fear of Food Phobia



Fear of Crowds Phobia



Fear of Change Phobia



Fear of Flying Phobia



Fear of Needles Phobia



Fear of Driving Phobia



Fear of Success Phobia



Fear of The Lord or God Phobia



Fear of Darkness Phobia



Fear of Love Phobia



Fear of Fear Phobia



Fear of Bridges Phobia



Fear of Death Phobia



Fear of Public Speaking Phobia



Fear of Being Alone Phobia



Fear of Heights Phobia



Fear of Open or Crowded Spaces Phobia



Fear of Dogs Phobia



Fear of Blood Phobia



Fear of Water Phobia



Fear of The Number 13 Phobia



Fear of Bugs and Insects Phobia



Fear of Sleep Phobia



Fear of Monday Phobia



A phobia is an excessive and irrational fear reaction.





PHOBIA

#190525992

Genetic and environmental factors.

Distressing events.

Exposure to confined spaces.

Ongoing medical conditions.

Substance Abuse.

Depression.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	MALE	53	26.5	26.5	26.5
	Female	147	73.5	73.5	100.0
	Total	200	100.0	100.0	

Social Anxiety Disorder, Social Phobia

Social Anxiety Disorder, Social Phobia

- Many people get nervous or self-conscious on occasion, like when giving a speech or interviewing for a new job. But social anxiety, or social phobia, is more than just shyness or occasional nerves. With social anxiety disorder, your fear of embarrassing yourself is so intense that you avoid situations that can trigger it

Social Anxiety Disorder, Social Phobia

- social anxiety disorder or social phobia is the fear of being scrutinized, judged, or embarrassed in public. You may be afraid that people will think badly of you or that you won't measure up in comparison to others. And even though you probably realize that your fears of being judged are at least somewhat irrational and overblown

Common social phobia triggers

- Meeting new people
- Being the center of attention
- Being watched while doing something
- Making small talk
- Public speaking
- Performing on stage
- Being teased or criticized

Common social phobia triggers

- Talking with “important” people or authority figures
- Being called on in class
- Making phone calls
- Taking exams
- Eating or drinking in public
- Speaking up in a meeting/presentations
- Attending parties or other social gatherings

Signs and symptoms of social phobia

- Just because you occasionally get nervous in social situations doesn't mean you have social anxiety disorder or social phobia. Many people are shy or self-conscious—at least from time to time—yet it doesn't get in the way of their everyday functioning. Social anxiety disorder, on the other hand, *does* interfere with your normal routine and causes tremendous distress.

Emotional symptoms social phobia

- Excessive self-consciousness and anxiety in everyday social situations
- Intense worry for days, weeks, or even months before an upcoming social situation
- Extreme fear of being watched or judged by others, especially people you don't know
- Fear that you'll act in ways that that will embarrass or humiliate yourself
- Fear that others will notice that you're nervous

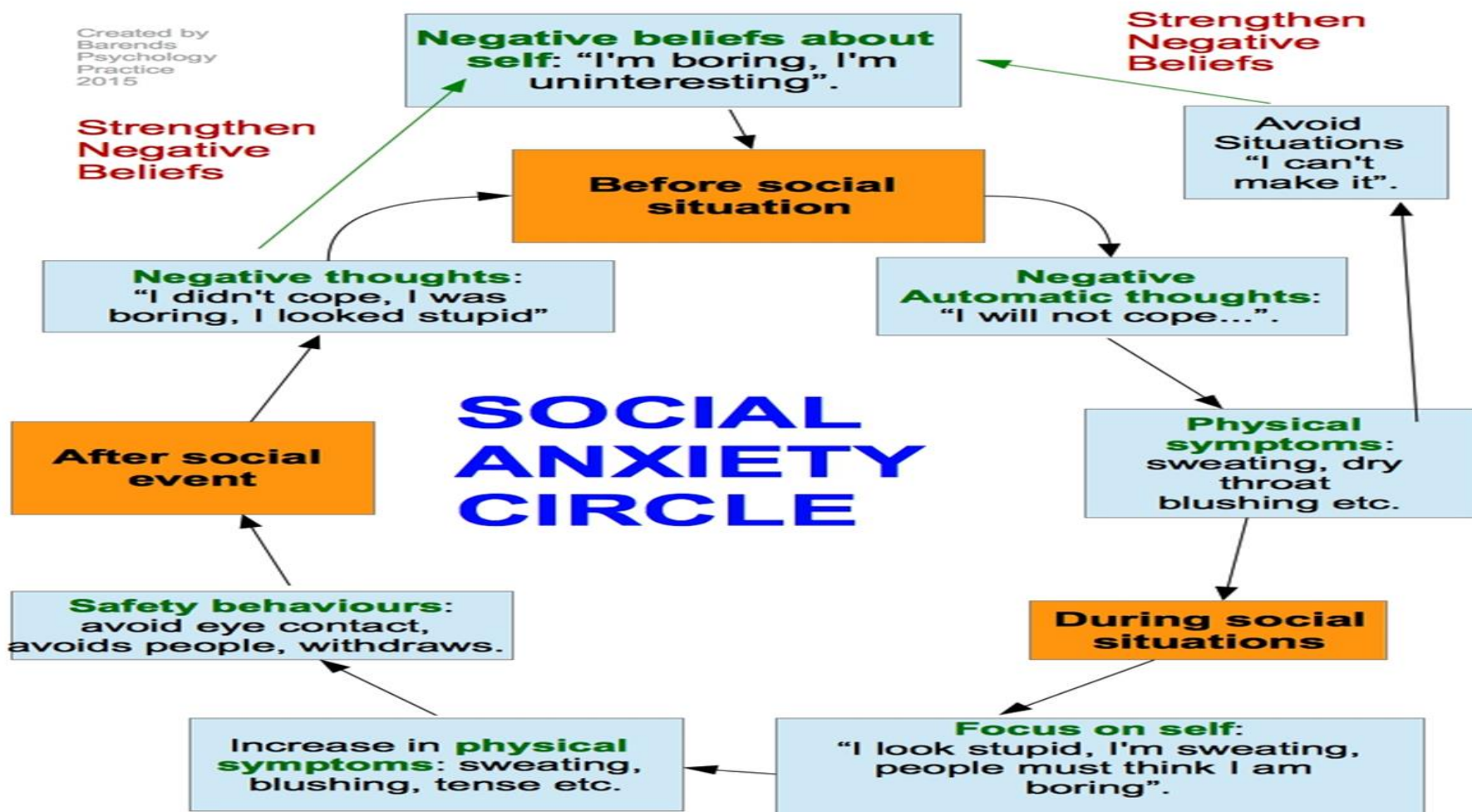
Physical symptoms of social phobia

- Red face, or blushing
- Shortness of breath
- Upset stomach, nausea (i.e. butterflies)
- Trembling or shaking (including shaky voice)
- Racing heart or tightness in chest
- Sweating or hot flashes
- Feeling dizzy or faint

Behavioral symptoms of social phobia

- Avoiding social situations to a degree that limits your activities or disrupts your life
- Staying quiet or hiding in the background in order to escape notice and embarrassment
- A need to always bring a buddy along with you wherever you go
- Drinking before social situations in order to soothe your nerves

Social phobia circle



Social anxiety/phobia disorder treatment

- The best treatment approach for social anxiety disorder varies from person to person. You may find that self-help strategies are enough to ease your social anxiety symptoms. But if you've tried the techniques below and you're still struggling with disabling anxiety, you may need professional help as well.

negative thoughts



1: Challenge negative thoughts

- The first step is to identify the automatic negative thoughts that underlie your fear of social situations. For example, if you're worried about an upcoming work presentation, the underlying negative thought might be: "I'm going to blow it. Everyone will think I'm completely incompetent."

1: Challenge negative thoughts

- The next step is to analyze and challenge them. It helps to ask yourself questions about the negative thoughts: “Do I know for sure that I’m going to blow the presentation?” or “Even if I’m nervous, will people necessarily think I’m incompetent?” Through this logical evaluation of your negative thoughts, you can gradually replace them with more realistic and positive ways of looking at social situations that trigger your anxiety.

negative thoughts

- **Mind reading** – Assuming you know what other people are thinking, and that they see you in the same negative way that you see yourself.
- **Fortune telling** – Predicting the future, usually while assuming the worst will happen. You just “know” that things will go horribly, so you’re already anxious before you’re even in the situation.
- **Catastrophizing** – Blowing things out of proportion. If people notice that you’re nervous, it will be “awful,” “terrible,” or “disastrous.”
- **Personalizing** – Assuming that people are focusing on you in a negative way or that what’s going on with other people has to do with you.

2: Learn to control your breath

Learning to slow your breathing down can help you bring your physical symptoms of anxiety back under control. Practicing the following breathing exercise will help you stay calm when you're the center of attention.

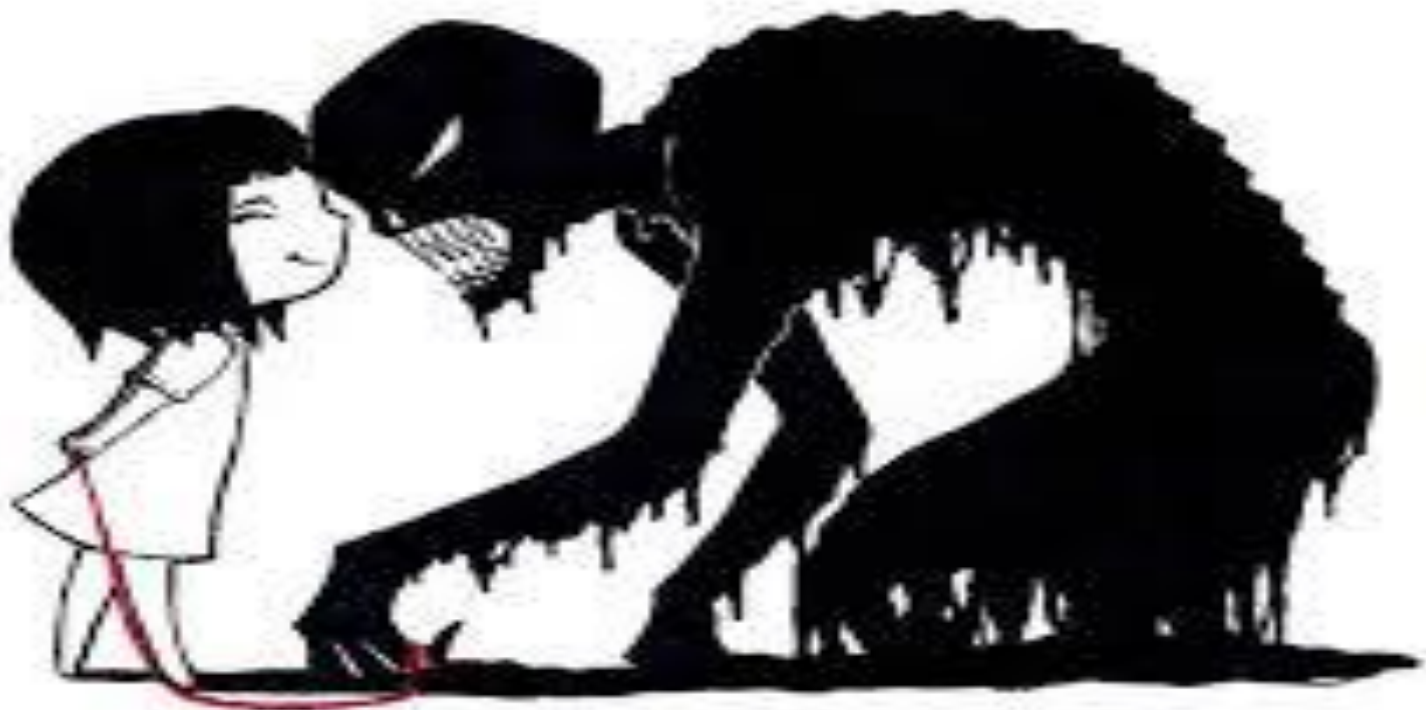
- Sit comfortably with your back straight and your shoulders relaxed. Put one hand on your chest and the other on your stomach.

2: Learn to control your breath

- Inhale slowly and deeply through your nose for four seconds. The hand on your stomach should rise, while the hand on your chest should move very little.
- Hold the breath for two seconds.
- Exhale slowly through your mouth for six seconds, pushing out as much air as you can. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Focus on keeping a slow and steady breathing pattern of 4-in, 2-hold, and 6-out.

Face your fears

FACE YOUR DEMONS



3: Face your fears

Face the social situations you fear rather than avoid them. Avoidance keeps social anxiety disorder going.

Avoidance leads to more problems

Avoidance may also prevent you from doing things you'd like to do or reaching certain goals. For example, a fear of speaking up may prevent you from sharing your ideas at work, standing out in the classroom, or making new friends.

3: Face your fears

Challenging social anxiety one step at a time

The key is to start with a situation that you can handle and gradually work your way up to more challenging situations, building your confidence and coping skills as you move up the “anxiety ladder.”

Build better relationships



4: Build better relationships

- **Take a social skills class or an assertiveness training class.** These classes are often offered at local adult education centers or community colleges.
- **Volunteer doing something you enjoy,** such as walking dogs in a shelter, or stuffing envelopes for a campaign—anything that will give you an activity to focus on while you are also engaging with a small number of like-minded people.
- **Work on your communication skills.** Good relationships depend on clear, emotionally-intelligent communication. If you find that you have trouble connecting to others, learning the basic skills of emotional intelligence can help.

Change your lifestyle



5: Change your lifestyle

- **Avoid or limit caffeine.** Coffee, tea, caffeinated soda, energy drinks, and chocolate act as stimulants that increase anxiety symptoms.
- **Drink only in moderation.** You may be tempted to drink before a party or other social situation in order to calm your nerves, but alcohol increases your risk of having an anxiety attack.
- **Quit smoking.** Nicotine is a powerful stimulant. Smoking leads to higher, not lower, levels of anxiety.
- **Get adequate sleep.** When you're sleep deprived, you're more vulnerable to anxiety. Being well rested will help you stay calm in social situations.