



Phobias: What makes you afraid?

Sheri McGee

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Fear and anxiety are a normal part of life, even adaptive in many conditions. Who among us has not studied for a test without some anxiety - and scored better for it? Who has not walked down a dark street in a high crime district without mounting fear? Normal anxiety keeps us alert: it makes us question whether we really have to walk down that street after all. Phobias can range from the logical (arachnophobia or the fear of spiders) to the seemingly bizarre (pteronophobia or the fear of being tickled by feathers). And while some may scoff at conditions like pentheraphobia, the fear of mother-in-laws, or pogonophobia, the fear of beards, phobias are no laughing matter. Are you afraid to fly? Do needles make you nervous? Do you avoid dental appointments, elevators, or contact with spiders because you are scared? If so, you may have a phobia. Phobias are intense fears about specific places, situations or things. Phobias can make it hard for you to go to places that you would like to go, make it hard to be effective at work, and put a strain on relationships. This is because people will do whatever they can to avoid the uncomfortable and often terrifying feelings associated with their phobia. If you have a phobia, you are not alone. So, you're scared. Let's finally talk about that, shall we? I know you're worried. I know it feels impossible and daunting and terrifying. I know you wish someone would make it all better. I can't make it all better, but I'm pretty sure I can make the fear you're feeling a whole lot more bearable.

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