

Free Seminar

With social scientist
Dr Lionel Hartley

FREE

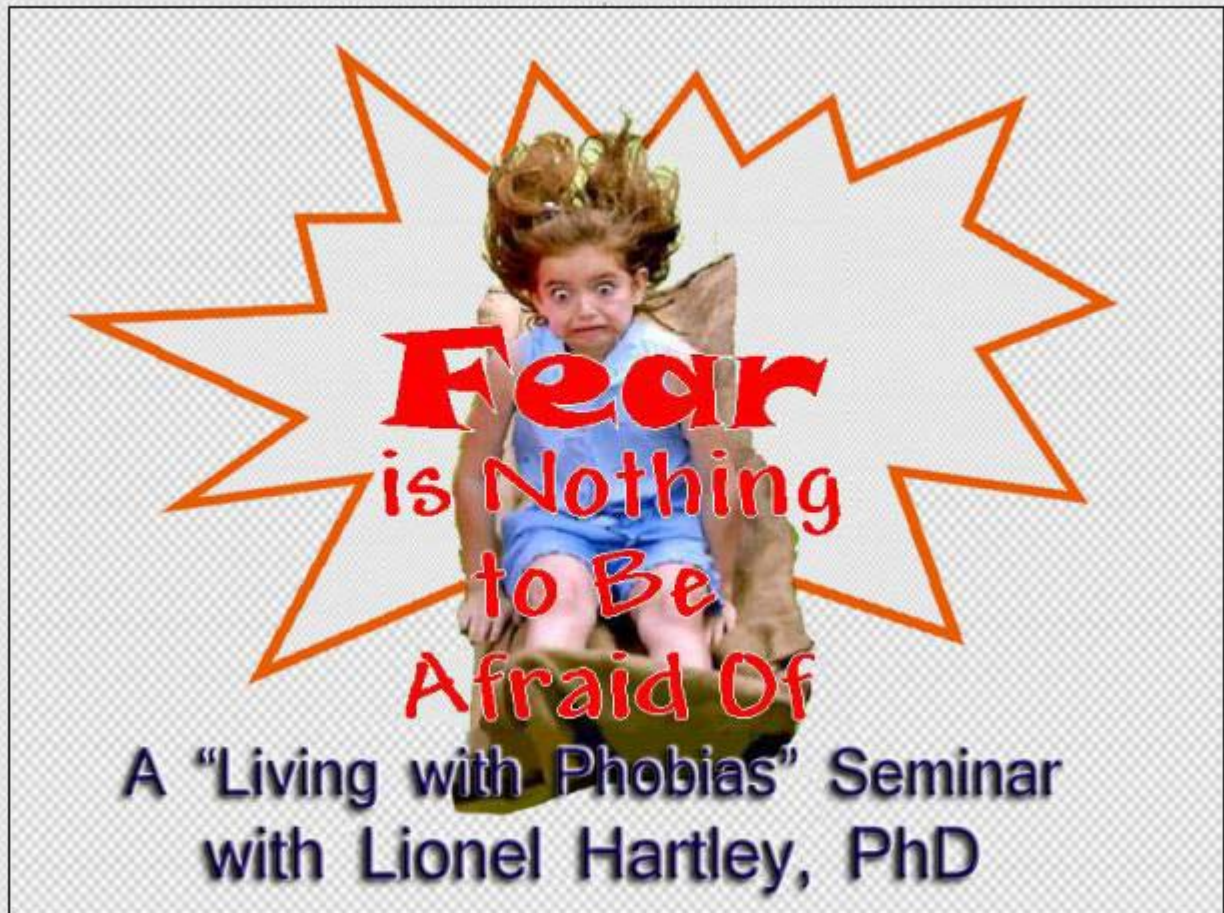
Coping with Fear, Phobia & Anxiety

FEAR
is Nothing
to be
Afraid of...



Program:
Feeling frightened?
Expecting Bad Things to Happen?
Actions & Attitudes that can help
Results & Rewards





Fear is Nothing to Be Afraid Of

Shorter version – Lionel Hartley, PhD

Slide 1

Title Slide

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Seminar Icebreaker

Feeling frightened?

Expecting Bad Things to Happen?

Actions & Attitudes that can help

Results & Rewards

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Slide 2

Ice-Breaker:

- Brainstorm words that come to mind associated with fear.
- Encourage everyone to participate, as there are no wrong answers.
- Record their words on a flip chart or whiteboard.
- Congratulate them for participating. Circle or underline words that you will mention in the seminar/workshop.
- Reinforce that there are many ways to manage fear & phobias.

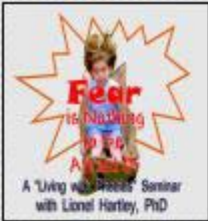
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Slide 3

Video Clip "What is a Phobia" with American colleague,
Dr J Clive Spiegel

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Who is your speaker for today?



Lionel Hartley, a retired Christian sociologist and family-life counsellor for three decades, married with 3 grown children, author, radio broadcaster, and public speaker.

Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt), DipTheol (SDB), RGN (Psy, PsyPaed, Admin, Nutn), Dip Bus Law, Dip Econ, Dip Accy, BA (Lit), MA, PhD [etc.]

www.hartleyonline.blogspot.com

**We welcome your participation in today's seminar.
Time will be allowed at the end for your questions.**

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Slide 4 (Who is our speaker for today?)

Fear tells you what to do in emergencies, like a fire or being attacked. It can also kick in when you're faced with non-dangerous stuff, like exams, public speaking, a new job, a date, or even a party. It's a natural response to a threat. Anxiety is a word we use for some types of fear, usually to do with the thought of a threat or something going wrong in the future rather than right now.

Fear and anxiety can last for a short time and then pass. But they can also last much longer and you can get stuck with them. In some cases they can take over your life, affecting your ability to eat, sleep, concentrate,

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travel, enjoy life and even leave the house or go to work or school. This can hold you back from doing things you want or need to do, and affect your health. Health problems that are directly based on fear include phobias, panic attacks and anxiety disorders.

We have a special seminar on overcoming anxiety, so today we're looking specifically at fear. Some people become overwhelmed by fear and want to avoid situations that might make them frightened or anxious. It can be hard to break this cycle, but there are lots of ways to do it. You can learn to feel less fearful and to cope with fear so it doesn't stop you from living.

It is also important to know that phobias are common. Having a phobia does not mean that you are weak or going crazy. Phobias can be successfully managed! After all, many people have learned to overcome their fears, and to override their immediate fear response.

For example, fire-fighters enter burning buildings even though their adrenaline is pumping, and their first instinct is likely telling them to run the other way! Most high-rise window cleaners need to get accustomed to hanging off the side of a building at gradually increasing heights, before they can comfortably hang outside the 60th floor!

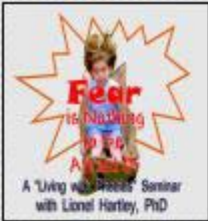
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cannot be shown
in this ebook version**

**13 NORMAL PHOBIAS
YOU MIGHT HAVE**

Slide 5

Video clip: Types of phobias

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Group Discussion

Just knowing what makes you afraid and why can be the first steps to sorting out problems with fear.

Discussion:

**What makes you fear
what you fear?**

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Slide 6

Group Discussion

Lots of things make us feel afraid. Being afraid of some things - like fires - can keep us safe. Fearing failure can make us try to do well so we won't fail but it can also stop us from doing well if the feeling is too strong.

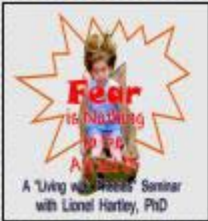
What you're afraid of and how you act when you're afraid depends on lots of things, like your genes, how you were brought up, what's happened to you in your life, and the way you learn and cope with things.

Just knowing what makes you afraid and why can be the first steps to sorting out problems with fear.

Slide overlay

Discussion: What makes you fear what you fear?

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Seven Rules of Fearful People

- **If something bad could happen—if you can simply imagine it—then it's your responsibility to worry about it**
- **Don't accept any uncertainty—you need to know for sure**
- **Treat all of your negative thoughts as if they are really true**

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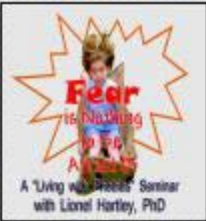
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Slide 7 Presenter to elaborate each point.

Seven Rules of Fearful People

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Seven Rules of Fearful People

- **Anything bad that could happen is a reflection of who you are as a person**
- **Failure is unacceptable**
- **Get rid of any negative feelings immediately**
- **Treat everything like an emergency**

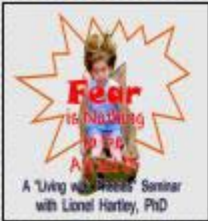
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Slide 8 Presenter to elaborate each point.

- Anything bad that could happen is a reflection of who you are as a person
- Failure is unacceptable
- Get rid of any negative feelings immediately
- Treat everything like an emergency

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Frustration vs Panic

The difference between frustration and panic:

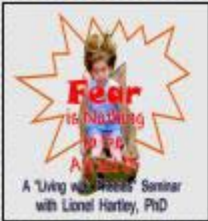
- **Frustration is the first time you discover you can't do it the second time.**
- **Panic is the second time you find out you can't do it the first time.**

Slide 9 Presenter to elaborate each point.

The difference between frustration and panic:

Frustration is the first time you discover you can't do it the second time.

Panic is the second time you find out you can't do it the first time.



Facing Your Fears

‘Exposure’

**Exposure is not dangerous
and will not make the fear worse.**

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Facing Your Fears

An important step in managing fear anxiety involves facing feared situations, places or objects. It is normal to want to avoid the things you fear. However, avoidance prevents you from learning that the things you fear are not as dangerous as you think. One process of facing fears that we will look at today is called ‘Exposure’

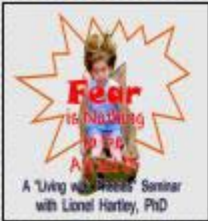
Exposure involves gradually and repeatedly going into feared situations until you feel less anxious. **Exposure is not dangerous and will not make the fear worse.** And after a while, your anxiety will naturally lessen.

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Starting with situations that are less scary, you work your way up to facing things that cause you a great deal of anxiety. Over time, you build up confidence in those situations and may even come to enjoy them. This process often happens naturally.

Rosemary was looking forward to adult baptism by immersion, however she was afraid of water covering her face. To overcome her fear she first took swimming lessons every week and at home practiced blowing bubbles in a bowl of water by (at first) putting only her lips, until finally her whole face in the water. She admitted to me that this was very scary at first, but with determination and a patient teacher she was baptised, now enjoys swimming and has no fear of going under the water.

The same exposure & practice process occurs when people learn to ride a bike, skate, or drive a car. Exposure is one of the most effective ways of overcoming fears. However, it takes some planning and patience.



Facing Your Fears

Doubts about the helpfulness of exposure?

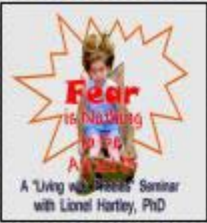
If done correctly, exposure can be very effective in overcoming fears. Be willing to try (again).

Follow the steps we will outline today to get the most out of exposure.

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Doubts about the helpfulness of exposure?

You may have tried exposure in the past and found that it did not work. However, you may have tried to face something too scary too soon, which can be overwhelming. Or, you didn't have the chance to practice repeatedly in order to get the benefits of exposure. If done correctly, exposure can be very effective in overcoming fears. Be willing to try again! Follow the steps we will outline today to get the most out of exposure.



Facing Your Fears

- **Step 1. Make a list**



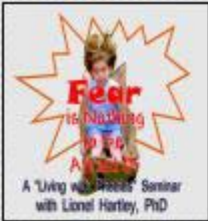
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Step 1. Make a list

Make a list of situations, places or objects that you fear. For example, if you are afraid of dogs, the list may include: looking at pictures of dogs; standing across the park from a dog on a leash; standing in the same room as a dog on a leash; standing a few feet from a dog; or petting a puppy. If you are afraid of social situations, the list may include: saying “hi” to a co-worker; asking a stranger a question; making small talk with a cashier; or calling a friend on the phone.



Facing Your Fears

- **Step 1. Make a list**



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Group your fears together. Some people have a lot of different fears, so it can help to group similar fears or specific fear themes together.

For example, you may have a fear of bugs, as well as a fear of heights.

Make different lists for different fear themes.



Facing Your Fears

- Step 1. Make a list
- Step 2. Build a *Fear Ladder*

Facing Fears Form

Date: _____

Exposure Exercise (What fear am I facing?): _____

Fear Rating:

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

No Fear Moderate Fear Extreme

Start: _____

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Step 2. Build a Fear Ladder

Once you have made a list, arrange things from the least scary to the most scary. You can do this by rating how much fear you have for each situation on the list, from “0” (No fear) to “10” (Extreme fear). Once you have rated each situation, use the Fear Ladder Form we have provided as a handout to make a final list.

When making a fear ladder, identify a specific goal (such as having a meal in a restaurant), and then list the steps needed to achieve that goal (e.g., go to a restaurant and get a hot drink to take away; have a hot drink at the restaurant and sit near the door; have a

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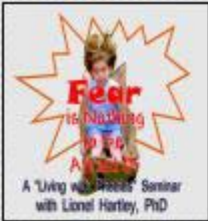
snack at the restaurant and sit near the door; have a snack at the restaurant and sit at a table in the middle of the room; have a meal at the restaurant and sit near the door; have a meal at the restaurant and sit in the middle of the room).

If you have a lot of different fears, build separate ladders for each fear theme.

Each ladder should include a whole range of situations. The ladder should include some steps you can do now with mild anxiety, some that you can do now with moderate anxiety and, finally, the steps you find too difficult to do now. It is important to start really small and take gradual steps.

Some steps on the ladder can be broken down into smaller steps.

For example, if you are afraid to talk to co-workers, facing this situation could be broken up into a number of steps such as saying “hi” to a co-worker, asking a quick question, and then talking about your weekend.



Facing Your Fears

- **Step 1. Make a list**
- **Step 2. Build a *Fear Ladder***

Some examples include:

- Length of time
- Time of day.
- Environment.
- Who is with you

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Because it is sometimes difficult to come up with steps on the fear ladder that cause only moderate anxiety (that is, somewhere between a little and very scary), you can consider other factors that might make it easier or harder for you to do.

Some examples include:

- Length of time: for example, talking to someone for 30 seconds is probably less scary than talking for five minutes.
- Time of day: for example, driving over a bridge in the middle of the afternoon versus evening rush hour.
- Environment: for example, swimming at a local pool versus swimming in a lake.
- Who is with you: for example, going to the mall with your spouse versus going alone.

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Facing Your Fears

- **Step 1. Make a list**
- **Step 2. Build a *Fear Ladder***
- **Step 3. Facing fears (exposure)**

Don't Rush.

Be patient

Take your time.

Go at a pace that you can manage.

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Step 3. Facing fears (exposure)

Starting with the situation that causes the least anxiety, repeatedly engage in that activity (e.g., saying “hi” to the bus driver everyday) until you start to feel less anxious doing it. If the situation is one that you can remain in for a prolonged period of time (such as standing on a balcony), stay in the situation long enough for your anxiety to lessen (e.g., standing on the balcony for 20-30 minutes). If the situation is short in duration, try “looping” it, which involves doing the same thing over and over again for a set number of times (e.g., repeatedly driving back and forth over a bridge until you start to feel less anxious or making consecutive phone calls until you feel more comfortable

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doing it).

If you stay in a situation long enough (or continue engaging in a specific activity), your anxiety will start to reduce. This is because anxiety takes a lot of energy and at some point it “runs out of gas”. The longer you face something, the more you get used to it and the less anxious you will feel when you face it again.

It can help to track your fear level during exposure exercises and to try and remain in those situations (or continue engaging in a specific activity) until your fear level drops by about 50%. For example, if you rated holding a needle as a 6/10 on the fear scale (remember that “0” = no fear and “10” = extreme fear) then you want to continue holding the needle until your fear level drops to a 3/10.

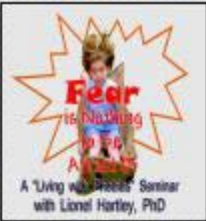
It is important to plan exposure exercises in advance; that way you feel more in control of the situation. Identify what you are going to do and when you plan to do it.

Make sure to track your progress.

Make good use of the *Facing Fears Form*, which will help you identify how anxious you were before and after facing the feared situation, and what you learned.

Once you are able to enter a specific situation on several separate occasions without experiencing much anxiety you can move on to the next thing on the list.

Don't Rush. It can be very scary facing the things you fear. Be patient and take your time. Go at a pace that you can manage.



Facing Your Fears

- **Step 1. Make a list**
- **Step 2. Build a *Fear Ladder***
- **Step 3. Facing fears (exposure)**
- **Step 4. Practice**

Remember - Exposures should be planned, prolonged, and repeated!

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Step 4. Practice

It is important to practice on a regular basis. Some steps can be practiced daily (e.g., driving over a bridge, taking an elevator, saying “hi” to a stranger, touching doorknobs), while other steps can only be done once in a while (e.g., giving a formal presentation to a large group or taking a plane trip). However, the more often you practice the faster the fear will fade.

Don't forget to maintain the gains that you have made. Even if you have become comfortable doing something, it's important to keep exposing yourself to it from time to time, so your fears don't creep back. For example, if you have overcome a fear of needles, you should

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schedule routine blood tests or donate blood every six months so that your fear of needles does not return. Re-rate your entire fear ladder every once in a while; that way, you can see the progress you have made, and identify the steps on the ladder you still need to tackle.

Remember - Exposures should be planned, prolonged, and repeated!



Facing Your Fears

- **Step 1. Make a list**
- **Step 2. Build a *Fear Ladder***
- **Step 3. Facing fears (exposure)**
- **Step 4. Practice**
- **Step 5. Reward brave behaviour**

Don't forget the power of positive self-talk (e.g., "I did it!").

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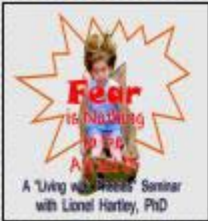
Step 5. Reward brave behaviour

It's not easy facing fears. Reward yourself when you do it! It may be helpful to use specific rewards as a motivation to achieve a goal. For example, plan to purchase a special gift for yourself (DVD, CD, book, treat) or engage in a fun activity (rent a movie, go to the movies, go out for lunch or dinner, plan a relaxing evening, ask your spouse to give you a massage) after you reach a goal.

Don't forget the power of positive self-talk (e.g., "I did it!").

Don't be discouraged if your fears start creeping back.

This can happen from time to time, especially during stressful periods or transitions (for example, starting a new job or moving). This is normal. It just means that you need to start practising using the tools – plan some exposures! Remember, coping with anxiety is a lifelong process. Remember, you will experience anxiety when facing fears - this is normal.



How to prevent a relapse

What is the difference between a lapse and a relapse?

- **A lapse is a brief return to old and unhelpful habits**
- **A relapse is a complete return to all of your old ways of thinking and behaving when you are anxious.**

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How to prevent a relapse:

Once they have done the work needed to reduce their anxiety symptoms, many people are afraid of losing the progress that they have made, and having what is called a “relapse”. That is, once your symptoms are reduced and you are feeling better, you want to make sure that you hold on to these positive changes in the long-term. This desire is understandable, because some people do slip back into old habits, and they can lose the improvements they have made. Luckily, there are ways to prevent relapse and get control over lapses!

What is the difference between a lapse and a relapse?

A lapse is a brief return to old and unhelpful habits. It is a common and normal phenomenon. Sometimes lapses are triggered by stress and low mood, or simply fatigue. A relapse is a complete return to all of your old ways of thinking and behaving when you are anxious. People who have a relapse are usually doing the same things that they did before they learned some new strategies for managing anxiety.

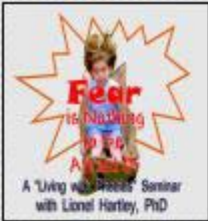
Here is an example:

Let's say that you had a phobia of dogs. If you used the technique I shared in this seminar, you probably know that when you see a dog, it is best not to avoid it or run away. Instead, you might try to practice some calm breathing, tell yourself some coping thoughts, and gradually approach the dog.

So if one day you were walking down the street and you saw someone walking their dog, if you avoided the dog, and possibly all other dogs for the rest of the day, this would be considered a lapse.

Now, if you then started getting back to your old unhelpful routines, like not walking near dog parks, avoiding malls with pet shops, and refusing to leave the house if you see someone walking by with a dog, then you are probably having a relapse.

Although lapses can lead to relapses, they don't have to. You can stop a small lapse from becoming a relapse!



How to prevent a relapse

When does a lapse turn into a relapse?

- **If you see your lapse as a sign of failure, you are likely to just “give up” and have a relapse.**
- **If you see your lapse as a slip-up, but one that you can recover from, then you probably won't have a relapse.**

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When does a lapse turn into a relapse?

Often, it is what you say to yourself after you have a lapse that can either help you get back on track or lead you into a relapse. If you see your lapse as a sign of failure, you are likely to just “give up” and have a relapse. If you see your lapse as a slip-up, but one that you can recover from, then you probably won't have a relapse.

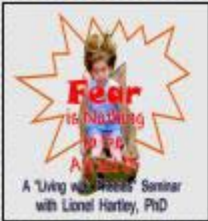
Going back to our dog phobia example...

If you avoided dogs all day, but at the end of the day you said to yourself: “Well, it looks like I fell into my old habits again; I'd better start doing some exposure or

something tomorrow so that I can get back on track!”
The result would be that your lapse would probably stop, and you would continue to face your fears and anxieties in a helpful way.

If you avoided dogs all day, and at the end of the day you said to yourself: “Great! All that hard work trying to manage my anxiety was a waste! I’m right back where started... I’m such an idiot! Well, I guess there is no cure for my anxiety; why even bother trying?”

In this case, the result would most likely be that your lapse will probably turn into a relapse; you will probably stop using the strategies I have shared, and return to your old unhelpful habits.



Tips for Preventing Lapses and Relapses

- **Tip #1: Practice, practice, practice!**
- **Tip #2: Knowing Your Red Flags**
- **Tip #3: Make a plan of action.**
- **Tip #4: Come Up with New Challenges**
- **Tip #5: Learn From Your Lapses**
- **Tip #6: Knowing the Facts!**
- **Tip #7: Being Kind to Yourself**
- **Tip #8: Rewarding Yourself**

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Tips for Preventing Lapses and Relapses

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Tip #1: Practice, practice, practice!

The best way to prevent a lapse is to keep practising your overcoming skills! If you are regularly practising, you will be in good shape to handle whatever situations you are faced with.

How do you fit in practice?

Make a schedule for yourself of what skills you are going to work on every week. This might include exposure, or practising some calm breathing and relaxation. Get friends and family to help!

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Tip #2: Knowing Your Red Flags

You are less likely to have a lapse if you know when you are more vulnerable to having one. For example, most lapses occur during times of stress or change.

Make a list of warning signs that tell you your anxiety might be increasing. This list might include:

- o More feelings of anxiety
- o Increased responsibilities at home or at work
- o More anxious thoughts
- o Arguments with loved ones
- o Major life changes (e.g., wedding, childbirth, death in the family)
- o Avoiding more activities

Slide overlay

Tip #3: Make a plan of action. When you know what your “red flags” or “danger signs” are, you can make a plan for how to cope with them. This might involve:

- o Practising your coping skills more often
- o Taking some time for yourself
- o Relaxing (reading a book, going shopping, talking to a friend)

Slide overlay

Tip #4: Come Up with New Challenges

Like everyone else on this earth, you are a work in progress. That is, there are always ways that you can improve yourself and make your life more enjoyable and fulfilling.

A good way to prevent future lapses is to continue working on new challenges and new feared situations. You can make a list of situations that are still scary or cause you anxiety, and work on them in time. You are less likely to slide back into old habits if you are continually working on new and different ways of

overcoming your anxiety.

Slide overlay

Tip #5: Learn From Your Lapses

Remember that it is normal to occasionally have lapses. In our daily lives, everyone has times of greater stress, and if you are coping with anxiety, this can make you even more vulnerable to a lapse.

The good news is that you can learn a lot from these lapses. Try to figure out what the situation was that led to you having a lapse by asking yourself:

- o Were you having upsetting or anxious thoughts?
- o Was your anxiety very high?
- o Did you do something different?
- o Did you know that the situation was going to be difficult or did it take you by surprise?

Knowing why a situation was more difficult for you can help you to prepare for the next time. You can make a plan to help you better cope with difficult situations in the future.

Slide overlay

Tip #6: Knowing the Facts!

We know that what you say to yourself after you have a lapse has a huge impact on your later behaviour. If you think that you are a failure who has undone all your good work, you are more likely to just give up, stop trying, and end up relapsing.

But here are a few facts:

It is impossible to go back to square one: you cannot unlearn all the skills and techniques that using this technique teaches you. Being back at square one means having anxiety or fear and not knowing how to handle it. But once you have started using the

technique that I have suggested you *do know* how to handle your fears!

If you relapse, you *can* get back on track. It might have taken you months of practice to reduce your anxiety symptoms, but it won't take you that long to get back to where you were before the relapse. If you get back to practising your coping skills, before you know it you will be mastering your anxiety again in no time.

Slide overlay

Tip #7: Being Kind to Yourself

It is very important to remember that lapses are normal. Don't beat yourself up or call yourself names like "idiot" or "loser", because this doesn't help. It is much more helpful to realize that we all make mistakes sometimes. We don't speak to other people in such a mean way, so it is certainly not a good idea to speak to ourselves in this way. In fact, it can actually be helpful to have a lapse, because it gives you a chance to learn that lapses are normal and that lapses can be overcome if you get back to practising your skills.

Remember to try to be patient with yourself, learn from your lapses, and move forward.

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Tip #8: Rewarding Yourself

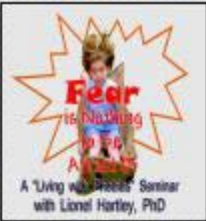
Make sure to always take the time to reward yourself for all the hard work you are doing.

It is very motivating to give yourself a treat once in a while. I mentioned earlier some of the things a reward might be. Remember that managing anxiety is hard work, and any progress you make is due to your own efforts. Doesn't that deserve a reward?

Like riding a bike...

Think of your coping skills as being like learning to ride

a bike... it can take time to learn, but once you know how, you don't forget how to bike. If you stop biking for a while, you might be a bit rusty, but it won't be long until you are as good as before.



Tip #9: Other coping strategies

- **Exercise**



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Slide 21

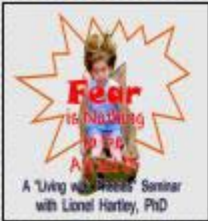
Tip #9: Other coping strategies

Exercise

Increase the amount of exercise you do. This can trigger brain chemicals that improve your mood.

Exercise needs concentration, and this can take your mind off fear and anxiety.

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Tip #9: Other coping strategies

- Exercise
- Relax



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Relax

Learning relaxation techniques can help you with the mental and physical feelings of fear. It can help just to drop your shoulders and breathe deeply.

Or imagine yourself in a relaxing place.



Tip #9: Other coping strategies

- Exercise
- Relax
- Healthy Eating



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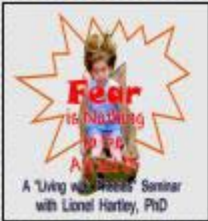
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Healthy Eating

Eat lots of fruit and vegetables and try to avoid too much sugar. Resulting dips in your blood sugar can give you anxious feelings. Try to avoid drinking too much tea and coffee as caffeine can increase anxiety levels. Avoid alcohol or drink in moderation. It's very common for people to drink when they feel nervous. Some people call alcohol 'dutch courage.' But the after-effects of alcohol can make you feel even more afraid or anxious.

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Food Choices

Basic Foods (Plant Based)



Bonus Foods (Non-plant Based)

Fruits
Vegetables
Nuts
Grains
Cereals
Examples: Breads
Pasta
Potatoes



Meat
Cheese
Cake
Biscuits
Chocolate
Chips
Snacks & Sweets

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Food choices
(Use overlays)

Now you are probably already familiar with the Healthy Food Pyramid. I like to look at our food choices using a much simpler formula.

I call this "Basic foods Vs Bonus foods".

Basic foods are those that our bodies were designed to consume and utilise to effect the most benefit.

Our diet should be primarily made up of these foods:

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fruits, vegetables, nuts, grains and cereals.

Examples of foods in this group would be breads, pasta and potatoes, etc.

Bonus foods, however are not necessary for healthy nutrition and should be used sparingly if at all.

These include meat, cheese, cake, biscuits, chocolate, chips, snacks and sweets.

An easy way to determine which group a food is categorised is that Basic Foods are plant based and Bonus Foods are non-plant based.



Tip #9: Other coping strategies

- Exercise
- Relax
- Healthy Eating
- Complementary therapies



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Complementary therapies

Some people find complementary therapies help, like massage or herbal products.

Discuss.

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Tip #9: Other coping strategies

- Exercise
- Relax
- Healthy Eating
- Complementary therapies
- Faith/spirituality



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Faith/spirituality

If you are religious or spiritual, this can give you a way of feeling connected to something bigger than yourself. It can provide a way of coping with everyday stress and church and other faith groups can be a valuable support network.

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**Please take out the survey form
to fill in during the question time.**

QUESTION TIME

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**Slide 21
Question time**

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Recognising Fear and/or Anxiety in Young Children

- Shy, quiet, hesitant
- Difficulty trying new things
- Perfectionistic
- Preference for routine or predictability
- Difficulty with change
- Somatic Complaints
- Headaches, stomachaches
- Inflexible, rigid, things have to be “just so”
- Poor, picky eaters

Recognising the Anxious Child at Home

- Temper tantrums / behavioural difficulties
- Moody, irritable
- Easily ‘fly off’ the handle
- Difficulty with sleep
- Can’t fall asleep, nightmares
- Sensitivity (emotional or sensory)
- Can be highly sensitive to criticism
- Easily moved to tears

Recognising the Blurred Lines

- The distinction between normative anxiety and an anxiety disorder is a “grey area”
- How much distress does your child have compared with his/her peers?
- Check in with teachers – do they have concerns socially or academically?
- Ensure there is no bullying, learning issues, or other home / school stressors
- Think about family history – is there a strong family history for anxiety or mood disorders?

Phobias in Kids

Top Tips to Help Kids Beat Phobias



Top Tips to Help Kids Beat Phobias

Phobias are intense fears of specific objects, situations, or people. There are a number of common phobias that affect kids, including a fear of:

- Loud noises
- Costumed characters
- Animals, insects, reptiles
- Specific situations (flying, elevators)
- The environment (fear of storms)
- Injury or blood

Many childhood fears fade overtime, but others persist or even worsen with development, causing intense distress and disruptions to day to day routines.

Because phobias are a normal part of development it can be hard to know when to seek help. Signs that indicate your child needs help overcoming their phobia include:

- Fear that is intense and disabling
- Fear that is excessive for the situation
- Your child avoids situations because of their phobia and this disrupts their daily routines or social development
- The phobia has been present for more than 6 months

If your child's phobia persists, speak to your GP about a referral to a child clinical psychologist or other qualified health professional.

What You Can Do at Home

Help Your Child Identify their Fears

Help your child write a list of all the things they're afraid of. Use words your child relates to. If your child denies being "afraid" of swimming but can admit that they "don't like it" use these words instead. Make a list of all the ways you could practice facing this fear. For example, if your child is afraid of swimming your list might include: standing in the shallow end, swimming in the deep end, swimming at the beach, etc.

Help Kids Rank Their Fears via a Fear-Ladder

Help your child rank their fears from most fearful to least fearful. The first step on your child's fear-ladder should be only mildly anxiety-provoking. Something that will make your child feel a little bit anxious but not so anxious that they think they won't be able to do it. (See Dr Hartley's Handout.)

Choose Rewards

Facing fears can be hard and while you as a parent might be able to see the future benefits of overcoming a phobia your child will probably see things differently. Ask your child to come up with a list of rewards that would help them to feel good about climbing their ladder. Rewards might include: picking what's for dinner, going to the movies, having a friend over, special time with mum/dad, extra TV time, staying up 15 minutes later than usual, etc.

Be Consistent With Rewards

For rewards to be effective they have to be something your child actually wants, and they have to be awarded as soon as possible after the step is completed. If the reward can't be given immediately give your child a voucher that they can "cash in".

Match Rewards To Challenges

Rewards should reflect the degree of difficulty of the task – smaller rewards should be given for smaller steps, and larger rewards for later more challenging steps.

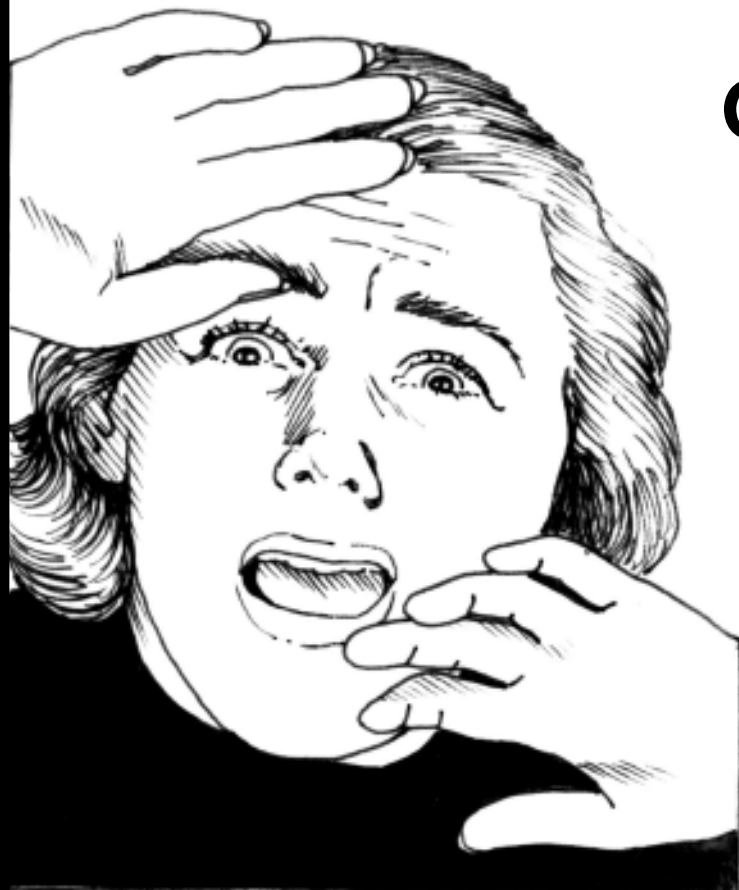
Practice, Practice, Practice

Set aside at least 1-2 times per week to practice. Start with the least anxiety provoking step first, and practice this step over and over until it's almost boring. When you've practiced enough, move on to the next step and repeat. It's important that your child experiences success at each step before moving on.

Model Bravery

If you're apprehensive, your child might misinterpret your anxiety to mean that the situation is dangerous or that you don't believe they can cope. Being calm shows your child that you have confidence in them. For the illogical fears which are not severe enough to be called phobias, simple explanations and reassurance will help many children gradually get over them.

Why am I Afraid?



**Giving a Name
to Our Fears**

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What is a Phobia?

A phobia is an extreme or irrational fear of or aversion to something.

Managing Phobias

Phobias are a relatively common type of anxiety disorder.

Phobias can be treated with cognitive behavioural therapy, using exposure and fear-reduction techniques.

In Dr Hartley's seminars his successfully-proven variation of these techniques are learned and rehearsed. Ralph Waldo Emerson (1803-1882) said, "Do the thing you fear and the death of fear is certain."

In most cases, this eliminates the need for anti-anxiety or antidepressant medication that are often prescribed to cope with fear.

Rules for determining phobia names

According to Phobia Specialist Fredd Culbertson, "Because the word *phobia* is Greek, any word that is connected to it should be Greek.

To coin a new phobia name, professional practitioners will acknowledge that it is only proper to follow this rule.

The rule has been broken many times in the past especially within the medical profession that is steeped in Latin and often, when forming a name for a phobia, they have dipped into what they know and have used a Latin suppletion affixed to the Greek stem to form their names.

The language perfectionists frown on this but it has happened time and time again over the years and these words have become accepted. There are a number of these words used daily. *Television* is one such word, *tele* from Greek, meaning distant, and *vision* from Latin, meaning a seeing."

A Shorter List of Phobias:

A

Ablutophobia- Fear of washing or bathing.

Acarophobia- Fear of itching or of the insects that cause itching.

Acerophobia- Fear of sourness.

Achluophobia- Fear of darkness.

Carry your own lantern, and you need not fear the dark.
— Jewish Proverb

Acousticophobia- Fear of noise.

Acrophobia- Fear of heights.

Aerophobia- Fear of drafts, air swallowing, or airborne noxious substances.

Aeroacrophobia- Fear of open high places.

Aeronausiphobia- Fear of vomiting secondary to airsickness.

Agateophobia- Fear of insanity.

Agliophobia- Fear of pain.
Agoraphobia- Fear of open spaces or of being in crowded, public places like markets.
Fear of leaving a safe place.
Agraphobia- Fear of sexual abuse.
Agrizoophobia- Fear of wild animals.
Agyrophobia- Fear of streets or crossing the street.
Aichmophobia- Fear of needles or pointed objects.
Ailurophobia- Fear of cats.
Albuminurophobia- Fear of kidney disease.
Alektorophobia- Fear of chickens.
Algophobia- Fear of pain.
Alliumphobia- Fear of garlic.
Allodoxaphobia- Fear of opinions.
Altophobia- Fear of heights.
Amathophobia- Fear of dust.
Amaxophobia- Fear of riding in a car.
Ambulophobia- Fear of walking.
Amnesiphobia- Fear of amnesia.
Amychophobia- Fear of scratches or being scratched.
Anablephobia- Fear of looking up.
Ancraophobia- Fear of wind.
(Anemophobia)
Androphobia- Fear of men.
Anemophobia- Fear of air drafts

or wind.(Ancraophobia)
Anginophobia- Fear of angina, choking or narrowness.
Anglophobia- Fear of England or English culture, etc.
Angrophobia - Fear of anger or of becoming angry.
Ankylophobia- Fear of immobility of a joint.
Anthrophobia or Anthophobia- Fear of flowers.
Anthropophobia- Fear of people or society.
Antlophobia- Fear of floods.
Anuptaphobia- Fear of staying single.
Apeiophobia- Fear of infinity.
Aphenphosmophobia- Fear of being touched. (Haphephobia)
Apiphobia- Fear of bees.
Apotemnophobia- Fear of persons with amputations.
Arachibutyrophobia- Fear of peanut butter sticking to the roof of the mouth.
Arachnephobia or Arachnophobia- Fear of spiders.
Arithmophobia- Fear of numbers.
Arrhenphobia- Fear of men.
Arsonphobia- Fear of fire.
Asthenophobia- Fear of fainting or weakness.
Astraphobia or Astrapophobia- Fear of thunder and lightning (Ceraunophobia,

Keraunophobia)
Astrophobia- Fear of stars or celestial space.
Asymmetriphobia- Fear of asymmetrical things.
Ataxiophobia- Fear of ataxia. (muscular incoordination)
Ataxophobia- Fear of disorder or untidiness.
Atelophobia- Fear of imperfection.
Atephobia- Fear of ruin or ruins.
Athazagoraphobia- Fear of being forgotten or ignored or forgetting.
Atomosphobia- Fear of atomic explosions.
Atychiphobia- Fear of failure.
Aulophobia- Fear of flutes.
Aurophobia- Fear of gold.
Auroraphobia- Fear of Northern lights.
Autodysomophobia- Fear of one that has a vile odor.
Automatonophobia- Fear of ventriloquist's dummies, animatronic creatures, wax statues - anything that falsely represents a sentient being.
Automysophobia- Fear of being dirty.
Autophobia- Fear of being alone or of oneself.
Aviophobia or Aviatophobia- Fear of flying.

B

Bacillophobia- Fear of microbes.
Bacteriophobia- Fear of bacteria.
Ballistophobia- Fear of missiles or bullets.
Bolshephobia- Fear of Bolsheviks.
Barophobia- Fear of gravity.
Basophobia or Basiphobia- Inability to stand. Fear of walking or falling.
He that is down need fear no fall.
— John Bunyan
Bathmophobia- Fear of stairs or steep slopes.
Bathophobia- Fear of depth.
Batophobia- Fear of heights or being close to high buildings.
Batrachophobia- Fear of amphibians, such as frogs, newts, salamanders, etc.
Belonephobia- Fear of pins and needles. (Aichmophobia)
Bibliophobia- Fear of books.
Blennophobia- Fear of slime.
Bogyphobia- Fear of bogeys or the bogeyman.
Botanophobia- Fear of plants.
Bromidrosiphobia or Bromidrophobia- Fear of body smells.
Brontophobia- Fear of thunder and lightning.
Bufonophobia- Fear of toads.

C

Cacophobia- Fear of ugliness.
Cainophobia or Cainotophobia-

Fear of newness, novelty.
Caligynephobia- Fear of beautiful women.
Cancerophobia or Carcinophobia- Fear of cancer.
Cardiophobia- Fear of the heart.
Carnophobia- Fear of meat.
Catagelophobia- Fear of being ridiculed.
Catapedaphobia- Fear of jumping from high and low places.
Cathisophobia- Fear of sitting.
Catoptrophobia- Fear of mirrors.
Cenophobia or Centophobia- Fear of new things or ideas.
Ceraunophobia or Keraunophobia- Fear of thunder and lightning. (Astraphobia, Astrapophobia)
Chaetophobia- Fear of hair.
Cheimaphobia or Cheimatophobia- Fear of cold. (Frigophobia, Psychophobia)
Chemophobia- Fear of chemicals or working with chemicals.
Cherophobia- Fear of gaiety.
Chionophobia- Fear of snow.
Chiraptophobia- Fear of being touched.
Chirophobia- Fear of hands.
Cholerophobia- Fear of anger or the fear of cholera.

Chorophobia- Fear of dancing.
Chrometophobia or Chrematophobia- Fear of money.
Chromophobia or Chromatophobia- Fear of colors.
Chronophobia- Fear of time.
Chronomentrophobia- Fear of clocks.
Cibophobia- Fear of food. (Sitophobia, Sitiophobia)
Claustrophobia- Fear of confined spaces.
Cleithrophobia or Cleisiophobia- Fear of being locked in an enclosed place.
Cleptophobia- Fear of stealing.
Climacophobia- Fear of stairs, climbing, or of falling downstairs.
Clinophobia- Fear of going to bed.
Clithrophobia or Cleithrophobia- Fear of being enclosed.
Cnidophobia- Fear of stings.
Cometophobia- Fear of comets.
Coimetrophobia- Fear of cemeteries.
Coitophobia- Fear of coitus.
Contreltophobia- Fear of sexual abuse.
Coprastaphobia- Fear of constipation.
Coprophobia- Fear of feces.
Coulrophobia- Fear of clowns.
Counterphobia- The preference

by a phobic for fearful situations.
Cremnophobia- Fear of precipices.
Cryophobia- Fear of extreme cold, ice or frost.
Crystallophobia- Fear of crystals or glass.
Cyberphobia- Fear of computers or working on a computer.
Cyclophobia- Fear of bicycles.
Cymophobia or Kymophobia- Fear of waves or wave like motions.
Cynophobia- Fear of dogs or rabies.

Fear makes the wolf seem bigger than he is. (Anon)

Cypridophobia or Cypriphobia or Cyprianophobia or Cyprinophobia - Fear of prostitutes or venereal disease.

D

Decidophobia- Fear of making decisions.

**Never make a decision based on fear.
— Vern McLellan**

Defecaloesiophobia- Fear of painful bowels movements.
Deipnophobia- Fear of dining or dinner conversations.
Dementophobia- Fear of insanity.
Demonophobia or Daemonophobia- Fear of

demons.
Demophobia- Fear of crowds. (Agoraphobia)
Dendrophobia- Fear of trees.
Dentophobia- Fear of dentists.
Dermatophobia- Fear of skin lesions.
Dermatosiophobia or Dermatophobia or Dermatopathophobia- Fear of skin disease.
Dextrophobia- Fear of objects at the right side of the body.
Diabetophobia- Fear of diabetes.
Didaskaleinophobia- Fear of going to school.
Dikephobia- Fear of justice.
Dinophobia- Fear of dizziness or whirlpools.
Diplophobia- Fear of double vision.
Dipsophobia- Fear of drinking.
Dishabiliophobia- Fear of undressing in front of someone.
Domatophobia- Fear of houses or being in a house. (Eicophobia, Oikophobia)
Doraphobia- Fear of fur or skins of animals.
Doxophobia- Fear of expressing opinions or of receiving praise.
Dromophobia- Fear of crossing streets.
Dutchphobia- Fear of the Dutch.

Dysmorphophobia- Fear of deformity.

Dystychiphobia- Fear of accidents.

E

Ecclesiophobia- Fear of church.

Ecophobia- Fear of home.

Eicophobia- Fear of home surroundings. (Domatophobia, Oikophobia)

Eisoptrophobia- Fear of mirrors or of seeing oneself in a mirror.

Electrophobia- Fear of electricity.

Eleutherophobia- Fear of freedom.

Elurophobia- Fear of cats. (Ailurophobia)

Emetophobia- Fear of vomiting.

Enetophobia- Fear of pins.

Enochlophobia- Fear of crowds.

Enosiophobia or Enissophobia- Fear of having committed an unpardonable sin or of criticism.

Do not fear when your enemies criticize you. Beware when they applaud. —Vo Dong Giang

Entomophobia- Fear of insects.

Eosophobia- Fear of dawn or daylight.

Ephibiphobia- Fear of teenagers.

Epistaxiophobia- Fear of nosebleeds.

Epistemophobia- Fear of

knowledge.

Equinophobia- Fear of horses.

**Fear the goat from the front,
the horse from the rear,
and man from all sides.**

— Russian proverb

Eremophobia- Fear of being oneself or of loneliness.

Ereuthrophobia- Fear of blushing.

Ergasiophobia- 1) Fear of work or functioning. 2) Surgeon's fear of operating.

Ergophobia- Fear of work.

Erotophobia- Fear of sexual love or sexual questions.

Euphobia- Fear of hearing good news.

Eurotophobia- Fear of female genitalia.

Erythrophobia or Erytophobia or Ereuthrophobia- 1) Fear of redlights. 2) Fear of blushing. 3) Fear of the colour red.

F

Febriphobia or Fibriphobia or Fibriophobia- Fear of fever.

Felinophobia- Fear of cats. (Ailurophobia, Elurophobia, Galeophobia, Gatophobia)

Francophobia- Fear of France or French culture. (Galophobia, Galiophobia)

Frigophobia- Fear of cold or cold things. (Cheimaphobia, Cheimatophobia, Psychrophobia)

G

Galeophobia or Gatophobia-
Fear of cats.
Galophobia or Galiophobia-
Fear France or French culture.
(Francophobia)
Gamophobia- Fear of marriage.
Geliophobia- Fear of laughter.
Geniophobia- Fear of chins.
Genophobia- Fear of sex.
Genuphobia- Fear of knees.
Gephyrophobia or
Gephydrophobia or
Gephysrophobia- Fear of
crossing bridges.
Germanophobia- Fear of
Germany or German culture.
Gerascophobia- Fear of growing
old.
Gerontophobia- Fear of old
people or of growing old.
Geumaphobia or Geumophobia-
Fear of taste.
Glossophobia- Fear of speaking
in public or of trying to speak.
Gnosiophobia- Fear of
knowledge.
Graphophobia- Fear of writing or
handwriting.
Gymnophobia- Fear of nudity.
Gynephobia or Gynophobia-
Fear of women.

H

Hadephobia- Fear of hell.
Hagiophobia- Fear of saints or
holy things.

Hamartophobia- Fear of sinning.
Haphephobia or Haptophobia-
Fear of being touched.
Harpaxophobia- Fear of being
robbed.
Hedonophobia- Fear of feeling
pleasure.
Heliophobia- Fear of the sun.
Hellenologophobia- Fear of
Greek terms or complex
scientific terminology.
Helminthophobia- Fear of being
infested with worms.
Hemophobia or Hemaphobia or
Hematophobia- Fear of blood.
Heresyphobia or Hereiophobia-
Fear of challenges to official
doctrine or of radical
deviation.
Herpetophobia- Fear of reptiles
or creepy, crawly things.
Heterophobia- Fear of the
opposite sex. (Sexophobia)
Hierophobia- Fear of priests or
sacred things.
Hippophobia- Fear of horses.
Hippopotomonstroses-
quippedaliophobia- Fear of
long words.
Hobophobia- Fear of bums or
beggars.
Hodophobia- Fear of road
travel.
Hormephobia- Fear of shock.
Homichlophobia- Fear of fog.
Homilophobia- Fear of sermons.
Hominophobia- Fear of men.

Homophobia- Fear of sameness, monotony or of homosexuality or of becoming homosexual.

Hoplophobia- Fear of firearms.

Hydrargyrophobia- Fear of mercurial medicines.

Hydrophobia- Fear of water or of rabies.

Hydrophobophobia- Fear of rabies.

Hyalophobia or Hyalophobia- Fear of glass.

Hygrophobia- Fear of liquids, dampness, or moisture.

Hylephobia- Fear of materialism or the fear of epilepsy.

Hylophobia- Fear of forests.

Hypengyophobia or Hypegiaphobia- Fear of responsibility.

Hypnophobia- Fear of sleep or of being hypnotized.

Hypsiphobia- Fear of height.

I

Iatrophobia- Fear of going to the doctor or of doctors.

Ichthyophobia- Fear of fish.

Ideophobia- Fear of ideas.

Illyngophobia- Fear of vertigo or feeling dizzy when looking down.

Iophobia- Fear of poison.

Insectophobia - Fear of insects.

Isolophobia- Fear of solitude, being alone.

Isopterophobia- Fear of

termites, insects that eat wood.

Ithyphallophobia- Fear of seeing, thinking about or having an erect penis.

J

Japanophobia- Fear of Japanese.

Judeophobia- Fear of Jews.

K

Kainolophobia or Kainophobia- Fear of anything new, novelty.

Kakorrhaphiophobia- Fear of failure or defeat.

The man who has no goal does not fear failure.

Katagelophobia- Fear of ridicule.

Kathisophobia- Fear of sitting down.

Kenophobia- Fear of voids or empty spaces.

Keraunophobia or Ceraunophobia- Fear of thunder and lightning.(Astraphobia, Astrapophobia)

Kinetophobia or Kinesophobia- Fear of movement or motion.

Kleptophobia- Fear of stealing.

Koinoniphobia- Fear of rooms.

Kolpophobia- Fear of genitals, particularly female.

Kopophobia- Fear of fatigue.

Koniophobia- Fear of dust. (Amathophobia)

Kosmikophobia- Fear of cosmic

phenomenon.
Kymophobia- Fear of waves.
(Cymophobia)
Kynophobia- Fear of rabies.
Kyphophobia- Fear of stooping.

L

Lachanophobia- Fear of vegetables.
Laliophobia or Lalophobia- Fear of speaking.
Leprophobia or Lepraphobia- Fear of leprosy.
Leukophobia- Fear of the color white.
Levophobia- Fear of things to the left side of the body.
Ligyrophobia- Fear of loud noises.
Lilapsophobia- Fear of tornadoes and hurricanes.
Limnophobia- Fear of lakes.
Linonophobia- Fear of string.
Liticaphobia- Fear of lawsuits.
Lockiophobia- Fear of childbirth.
Logizomechanophobia- Fear of computers.
Logophobia- Fear of words.
Luiphobia- Fear of lues, syphilis.
Lutrathobia- Fear of otters.
Lygophobia- Fear of darkness.
Lyssophobia- Fear of rabies or of becoming mad.

M

Macrophobia- Fear of long waits.

Mageirocophobia- Fear of cooking.
Maieusiophobia- Fear of childbirth.
Malaxophobia- Fear of love play.
(Sarmassophobia)
Maniaphobia- Fear of insanity.
Mastigophobia- Fear of punishment.
Mechanophobia- Fear of machines.
Medomalacuphobia- Fear of losing an erection.
Medorthophobia- Fear of an erect penis.
Megalophobia- Fear of large things.
Melissophobia- Fear of bees.
Melanophobia- Fear of the color black.
Melophobia- Fear or hatred of music.
Meningitophobia- Fear of brain disease.
Menophobia- Fear of menstruation.
Merinthophobia- Fear of being bound or tied up.
Metallophobia- Fear of metal.
Metathesiophobia- Fear of changes.
Meteorophobia- Fear of meteors.
Methyphobia- Fear of alcohol.
Metrophobia- Fear or hatred of poetry.
Microbiophobia- Fear of

microbes. (Bacillophobia)
Microphobia- Fear of small things.
Misophobia or Mysophobia- Fear of being contaminated with dirt or germs.
Mnemophobia- Fear of memories.
Molysmophobia or Molysomophobia- Fear of dirt or contamination.
Monophobia- Fear of solitude or being alone.
Monopathophobia- Fear of definite disease.
Motorphobia- Fear of automobiles.
Mottephobia- Fear of moths.
Musophobia or Muriphobia- Fear of mice.
Mycophobia- Fear or aversion to mushrooms.
Mycrophobia- Fear of small things.
Myctophobia- Fear of darkness.
Myrmecophobia- Fear of ants.
Mythophobia- Fear of myths or stories or false statements.
Myxophobia- Fear of slime.
(Blennophobia)

N

Nebulaphobia- Fear of fog.
(Homichlophobia)
Necrophobia- Fear of death or dead things.

**To live in fear of death
is many times to die.**

— **Lope de Vega (1562-1635)**

Nelophobia- Fear of glass.
Neopharmaphobia- Fear of new drugs.
Neophobia- Fear of anything new.
Nephophobia- Fear of clouds.
Noctiphobia- Fear of the night.
Nomatophobia- Fear of names.
Nosocomophobia- Fear of hospitals.
Nosophobia or Nosemaphobia- Fear of becoming ill.
Nostophobia- Fear of returning home.
Novercaphobia- Fear of your step-mother.
Nucleomitophobia- Fear of nuclear weapons.
Nudophobia- Fear of nudity.
Numerophobia- Fear of numbers.
Nyctohylophobia- Fear of dark wooded areas or of forests at night
Nyctophobia- Fear of the dark or of night.

O

Obesophobia- Fear of gaining weight. (Pocrescophobia)
Ochlophobia- Fear of crowds or mobs.
Ochophobia- Fear of vehicles.
Octophobia - Fear of the figure or number eight.
Odontophobia- Fear of teeth or dental surgery.
Odynophobia or Odynephobia-

Fear of pain. (Algophobia)
Oenophobia- Fear of wines.
Oikophobia- Fear of home surroundings,
house. (Domatophobia, Eicophobia)
Olfactophobia- Fear of smells.
Ombrophobia- Fear of rain or of being rained on.
Ommetaphobia or Ommatophobia- Fear of eyes.
Oneirophobia- Fear of dreams.
Oneirogmophobia- Fear of wet dreams.
Onomatophobia- Fear of hearing a certain word or of names.
Ophidiophobia- Fear of snakes. (Snakephobia)
Ophthalmophobia- Fear of being stared at.
Opiophobia- Fear medical doctors experience of prescribing needed pain medications for patients.
Optophobia- Fear of opening one's eyes.
Ornithophobia- Fear of birds.
Orthophobia- Fear of property.
Osmophobia or Osphresiophobia- Fear of smells or odors.
Ostraconophobia- Fear of shellfish.
Ouranophobia or Uranophobia- Fear of heaven.

P

Pagophobia- Fear of ice or frost.
Panthophobia- Fear of suffering and disease.

He who fears to suffer, suffers from fear.
— French Proverb

Panophobia or Pantophobia- Fear of everything.
Papaphobia- Fear of the Pope.
Papyrophobia- Fear of paper.
Paralipophobia- Fear of neglecting duty or responsibility.
Paraphobia- Fear of sexual perversion.
Parasitophobia- Fear of parasites.
Paraskavedekatriaphobia- Fear of Friday the thirteenth.
Parthenophobia- Fear of virgins or young girls.
Pathophobia- Fear of disease.
Patriophobia- Fear of heredity.
Parturiphobia- Fear of childbirth.
Peccatophobia- Fear of sinning or imaginary crimes.
Pediculophobia- Fear of lice.
Pediophobia- Fear of dolls.
Pedophobia- Fear of children.
Peladophobia- Fear of bald people.
Pellagrophobia- Fear of pellagra.
Peniaphobia- Fear of poverty.
Pentheraphobia- Fear of mother-in-law.

(Novercaphobia)
Phagophobia- Fear of swallowing or of eating or of being eaten.
Phalacrophia- Fear of becoming bald.
Phallophobia- Fear of a penis, esp erect.
Pharmacophobia- Fear of taking medicine.
Phasmophobia- Fear of ghosts.
Phengophobia- Fear of daylight or sunshine.
Philemaphobia or Philematophobia- Fear of kissing.
Philophobia- Fear of falling in love or being in love.
Philosophobia- Fear of philosophy.
Phobophobia- Fear of phobias.
Photoaugliaphobia- Fear of glaring lights.
Photophobia- Fear of light.
Phonophobia- Fear of noises or voices or one's own voice; fear of telephones.
Phronemophobia- Fear of thinking.
Phthiriophobia- Fear of lice. (Pediculophobia)
Phthisiophobia- Fear of tuberculosis.
Placophobia- Fear of tombstones.
Plutophobia- Fear of wealth.
Pluviophobia- Fear of rain or of

being rained on.
Pneumatiphobia- Fear of spirits.
Pnigophobia or Pnigerophobia- Fear of choking or of being smothered.
Pocrescophobia- Fear of gaining weight. (Obesophobia)
Pogonophobia- Fear of beards.
Poliosophobia- Fear of contracting poliomyelitis.
Politicophobia- Fear or abnormal dislike of politicians.
Polyphobia- Fear of many things.
Poinophobia- Fear of punishment.
Ponophobia- Fear of overworking or of pain.
Porphyrophobia- Fear of the color purple.
Potamophobia- Fear of rivers or of running water.
Potophobia- Fear of alcohol.
Pharmacophobia- Fear of drugs.
Proctophobia- Fear of rectums.
Prosophobia- Fear of progress.
Psellismophobia- Fear of stuttering.
Psychophobia- Fear of mind.
Psychrophobia- Fear of cold.
Pteromerhanophobia- Fear of flying.
Pteronophobia- Fear of being tickled by feathers.
Pupaphobia - Fear of puppets.
Pyrexiphobia- Fear of Fever.
Pyrophobia- Fear of fire.

Q, R

Radiophobia- Fear of radiation, x-rays.
Ranidaphobia- Fear of frogs.
Rectophobia- Fear of rectum or rectal diseases.
Rhabdophobia- Fear of being severely punished or beaten by a rod, or of being severely criticized. Also fear of magic.(wand)
Rhypophobia- Fear of defecation.
Rhytiphobia- Fear of getting wrinkles.
Rupophobia- Fear of dirt.
Russophobia- Fear of Russians.

S

Samhainophobia- Fear of Halloween.
Sarmassophobia- Fear of love play. (Malaxophobia)
Satanophobia- Fear of Satan.
Scabiophobia- Fear of scabies.
Scatophobia- Fear of fecal matter.
Scelerophobia- Fear of bad men, burglars.
Sciophobia Sciaphobia- Fear of shadows.

Never fear shadows.

They simply mean there's a light shining somewhere.

— Ruth E. Renkel

Scoleciphobia- Fear of worms.
Scolionophobia- Fear of school.

Scopophobia or Scoptophobia- Fear of being seen or stared at (A wit has said, "Looked at or looked over; but not overlooked").

Scotomaphobia- Fear of blindness in visual field.

Scotophobia- Fear of darkness. (Achluophobia)

Scriptophobia- Fear of writing in public.

Selachophobia- Fear of sharks.

Selaphobia- Fear of light flashes.

Selenophobia- Fear of the moon.

Seplophobia- Fear of decaying matter.

Sesquipedalophobia- Fear of long words.

Sexophobia- Fear of the opposite sex. (Heterophobia)

Siderodromophobia- Fear of trains, railroads or train travel.

Siderophobia- Fear of stars.

Sinistrophobia- Fear of things to the left or left-handed.

Sinophobia- Fear of Chinese, Chinese culture.

Sitophobia or Sitiophobia- Fear of food or eating. (Cibophobia)

Snakephobia- Fear of snakes. (Ophidiophobia)

Soceraphobia- Fear of parents-in-law.

Social Phobia- Fear of being evaluated negatively in social

situations.
Sociophobia- Fear of society or people in general.
Somniphobia- Fear of sleep.
Sophophobia- Fear of learning.
Soteriophobia - Fear of dependence on others.
Spacephobia- Fear of outer space.
Spectrophobia- Fear of specters or ghosts.
Spermatophobia or Spermophobia- Fear of germs.
Spheksophobia- Fear of wasps.
Stasibasiphobia or Stasiphobia- Fear of standing or walking. (Ambulophobia)
Staurophobia- Fear of crosses or the crucifix.
Stenophobia- Fear of narrow things or places.
Stygiophobia or Stigiophobia- Fear of hell.
Suriphobia- Fear of mice.
Symbolophobia- Fear of symbolism.
Symmetrophobia- Fear of symmetry.
Syngenesophobia- Fear of relatives.
Syphilophobia- Fear of syphilis.

T

Tachophobia- Fear of speed.
Taeniophobia or Teniophobia- Fear of tapeworms.
Taphephobia Taphophobia- Fear

of being buried alive or of cemeteries.
Tapinophobia- Fear of being contagious.
Taurophobia- Fear of bulls.
Technophobia- Fear of technology.
Teleophobia- 1) Fear of definite plans. 2) Fear of religious ceremonies.
Telephonophobia- Fear of telephones.
Teratophobia- Fear of bearing a deformed child or a fear of monsters or deformed people.
Testophobia- Fear of taking tests.
Tetanophobia- Fear of lockjaw, tetanus.
Teutophobia- Fear of German or German things.
Textophobia- Fear of certain fabrics.
Thaasophobia- Fear of sitting.
Thalassophobia- Fear of the sea.
Thanatophobia or Thantophobia- Fear of death or dying.
Theatrophobia- Fear of theatres.
Theologicophobia- Fear of theology.
Theophobia- Fear of gods or religion.
Thermophobia- Fear of heat.
Tocophobia- Fear of pregnancy or childbirth.

Tomophobia- Fear of surgical operations.
Tonitrophobia- Fear of thunder.
Topophobia- Fear of certain places or situations, such as stage fright.
Toxiphobia or Toxophobia or Toxicophobia- Fear of poison or of being accidentally poisoned.
Traumatophobia- Fear of injury.
Tremophobia- Fear of trembling.
Trichinophobia- Fear of trichinosis.
Trichopathophobia or Trichophobia- Fear of hair. (Chaetophobia, Hypertrichophobia)
Triskaidekaphobia- Fear of the number thirteen.
Tropophobia- Fear of moving or making changes.
Trypanophobia- Fear of injections.
Tuberculophobia- Fear of tuberculosis.
Tyrannophobia- Fear of tyrants.

U

Uranophobia or Ouranophobia- Fear of heaven.
Urophobia- Fear of urine or urinating.

V

Vaccinophobia- Fear of vaccination.
Venustraphobia- Fear of

beautiful women.
Verbophobia- Fear of words.
Verminophobia- Fear of germs.
Vestiphobia- Fear of clothing.
Virginitiphobia- Fear of rape.
Vitricophobia- Fear of a step-father.

W

Walloonophobia- Fear of the Walloons (people who speak a French dialect and live in southern and eastern Belgium and neighbouring parts of France).
Wiccaphobia: Fear of witches and witchcraft.

X (Pronounced 'Z')

Xanthophobia- Fear of the color yellow or the word yellow.
Xenoglossophobia- Fear of foreign languages.
Xenophobia- Fear of strangers or foreigners.
Xerophobia- Fear of dryness.
Xylophobia- 1) Fear of wooden objects. 2) Fear of forests.
Xyrophobia- Fear of razors.

Y, Z

Zelophobia- Fear of jealousy.
Zeusophobia- Fear of God or gods (Being *afraid*, not *in awe of*).
Zemmiphobia- Fear of the great mole rat.
Zoophobia- Fear of animals.

**Fear is tax
that conscience pays to guilt.
— George Sewell (d.1726)**