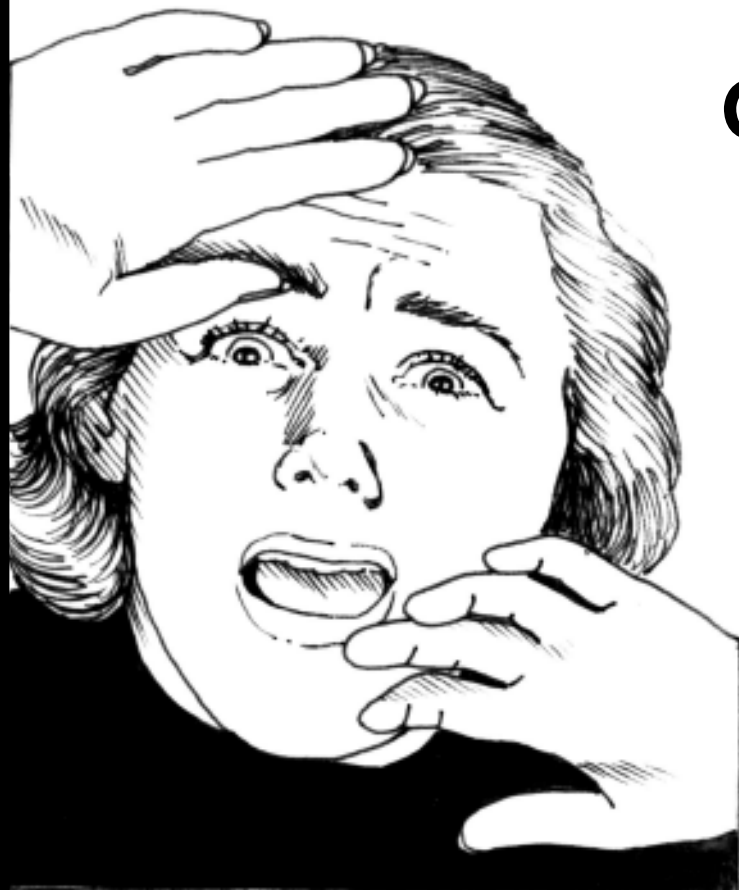


Why am I Afraid?



**Giving a Name
to Our Fears**

www.lrhartley.com/fear

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.
Caligynophobia- 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.
Cleitophobia- 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.

Ephiphobia- 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. (Gallophobia, 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.
 Nosocomephobia- Fear of hospitals.
 Nosophobia or Nosemaphobia- Fear of becoming ill.
 Nostophobia- Fear of returning home.
 Novercaphobia- Fear of your step-mother.
 Nucleomituphobia- 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.
 Ostracophobia- 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.
 Patroiophobia- 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.
Taphophobia 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)**