As kids, we were like sort of sponge-like organisms that were absorbing all the fears around us; darkness, scary stories, imaginations, or whatever you have in your mind. Of course, it is typical to retain some fears as we get older but sometimes, you’ll just realize some of them are illogical. Yes, my friend…PHOBIA.

Phobia is the extreme and tiresless fear that an individual feels from a definite situation, and object. Because of this fear, the phobic man often leads a trapped life making his moves limited because of it and affecting his normal activities. The uneasiness an individual has is typically out of logic to the real situation while he is completely conscious that his fear is something unreasonable.

This anxiety is different from other forms of anxiety only in that it happens exactly because of a definite object or situation. This is described by symptoms such as a stomach disorders, choking feelings, nausea and diarrhea, reddening of the face, fast-beating heartbeat, paleness, repeated urination, perspiration, and tremulousness. However, there are some cases that certain phobic people can manage to oppose these irrational fears.

There are three major types of phobias. First are the “simple” phobias that are fears of particular situations or objects like as closed spaces, animals, and heights, the most typical fear of the world’s population. The second one is fear of being exposed which is called as agoraphobia. The ones who have it fear the public places and
circumstances where fleeing will be hard. Due to this, agoraphobics have a habit of avoiding more situations like this till they finally become isolated or stagnant in a place where they feel safe like their own houses, or even worse, their room. The third type is the social phobias which are fears of looking unwise and shameful in social circumstances where they will be saw by others.

The phobias are assumed to affect 5 to 10 persons in 100. In women than in men, simple phobia and agoraphobia are more usually spotted while the spread of social phobia is unknown. With this, phobias like social phobias, agoraphobias, and animal phobias have a tendency to pass in families. We have to admit that we all have fears in our life. But, fight that freaking fear!

References: