

10 Common Phobias and Their Meanings

1. Agoraphobia

Agoraphobia is a general term used to describe fears that occur when a person finds him or herself in closed spaces, crowded areas or any place where it seems like the person cannot escape . It causes mostly strong fear and anxiety that sometimes paralyzes the person and, according to the National Institute of Mental Health, it affects about 0.8% of U.S. adult population.

2. Social Phobia

Social phobia results in a strong fear and anxiety of being judged by other people. People experiencing this condition are highly self conscious and are afraid of being embarrassed and humiliated by others. The National Institute of Mental Health reports that 6.8% of the U.S. adult population suffers from this disorder.

3. Aerophobia

Aerophobia is experienced by people who are afraid of flying. Fear of flight can lead to intense feelings of anxiety before and during the scheduled flight. According to airsafe.com, it was found in one research that 18% of American adults are afraid to fly. Although flying is considered to be one of the safest modes of transportation, subconsciously people feel otherwise. Luckily, there are classes and resources to help overcome this fear.

4. Acrophobia

You should never ask Acrophobics to climb a mountain with you because they are extremely afraid of heights. The fear of falling significantly interferes with the daily lives of acrophobics and it is so intense that it can lead to fainting. They are afraid to be in the vicinity of planes, elevators, tall buildings and anywhere where they perceive to be high above the ground. According to an article "[An Augmented Reality system for the treatment of acrophobia](#)" 2% to 5% of the population suffer from this fear . But fortunately it can be treated with an appropriate therapy.

5. Arachnophobia

Arachnophobia is an intense fear of spiders and other arachnids. People suffering from this phobia feel extreme anxiety and fear that can lead to fainting, increased respiration, and difficulty in breathing. Like many other phobias, however, it can be treated to lessen the intensity of symptoms.

6. Claustrophobia

Claustrophobic people are afraid of tight small spaces where they perceive to have no way out. Upon being enclosed in a small space, the intense fear produces a physical reaction that can include light-headedness, breathlessness, sweating, and nausea. According to [NYU Langone Medical Center](#), claustrophobia can be treated by undergoing psychotherapy or taking in medications.

7. Ophidiophobia

Ophidiophobia is an irrational fear of snakes. Seeing a snake or something related to it may trigger a panic, difficulty in breathing, shaking and a strong desire to run away. Ophidiophobia can be treated well by undergoing therapeutic treatments with professional therapists.

Source: [Ophidiophobia](#)

8. Entomophobia

Entomophobia is an irrational fear of insects which causes physical distress and a strong desire to avoid them. According to [University of Sydney and Westmead hospital](#), this fear arises when people have experienced little contact with various insects and are not used to their presence. Misconceptions about insects, therefore, often exacerbate the symptoms. Like other phobias, Entomophobia can be treated by specialist therapists.

9. Necrophobia

One of the most common fears is necrophobia: fear of death. People suffering from this fear can experience paranoia, anxiety, and intense feelings of dread which can interfere with daily activities. Necrophobia can be triggered by specific traumatic and life-changing events such as car accidents. But it can be treated with proper counseling and therapies.

Source: [How to Extinguish Necrophobia - The Fear of Death](#)

10. Blood-Injury-Injection Phobia

Blood phobia is an irrational fear of blood, injury and injection. Upon seeing blood or being in a situation where injury or injection are possible, those who suffer from this phobia experience elevated heart rate and blood pressure which sometimes leads to fainting. Since fainting is a relatively common symptom, special treatment may be necessary to treat the phobia.