

# Fears and Phobias!

# Top Ten Phobias

The number #1 fear in humans:

- [Arachnophobia](#)
- 10% of men and 50% of women have a fear of spiders



# Top Ten Phobias

#2...Social Phobias: The fear of social situations. More than just being shy. This is an extreme fear of being judged by others, or humiliated by one's own actions.



# Top Ten Phobias

- #3: **Aerophobia** – the fear of flying.



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- #4: **Agoraphobia** – the fear of inescapable situations. The result is anxiety and panic attacks. Extreme agoraphobes are confined to their own home, which is the only place they consider to be safe.



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- **#5: Claustrophobia** – the fear of confined spaces. Sufferers will stay well away from elevators, trains and tiny cupboards under the stairs.



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- #6: Acrophobia – the fear of heights. Sufferers may have panic attacks and put themselves in genuine danger if they can't get down.



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- #7: Emetophobia – The fear of vomit.





# Top Ten Phobias

- #8: **Carcinophobia – Fear of cancer**



# Top Ten Phobias

- #9: **Brontophobia – Fear of thunderstorms.**



# Top Ten Phobias

- #10: **Necrophobia – Fear of death.**

