



# FEARS AND PHOBIAS

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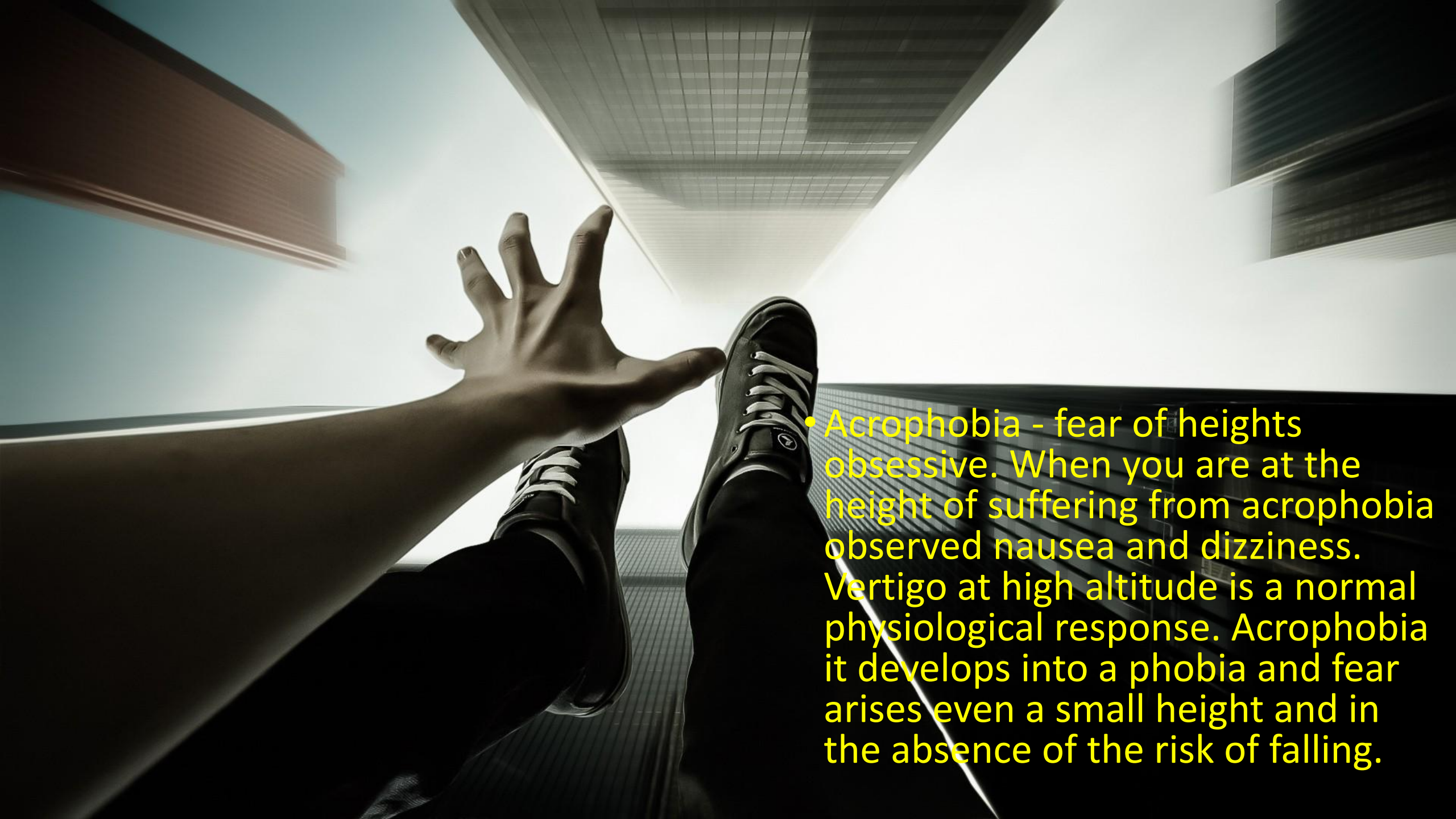
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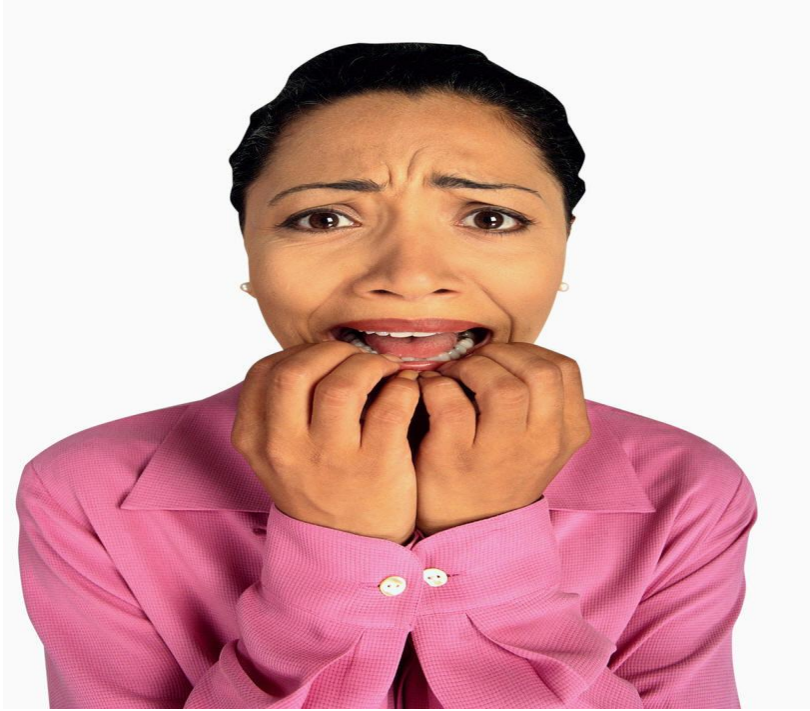
- Every healthy person is able to experience the natural fear inherent in his nature as a protective mechanism of self-preservation instinct. Normal human fear warns of possible danger. The fear that has no connection with the instinct of self-preservation, is far-fetched and often pathological. Phobias - that is abnormal fear with inadequate response.



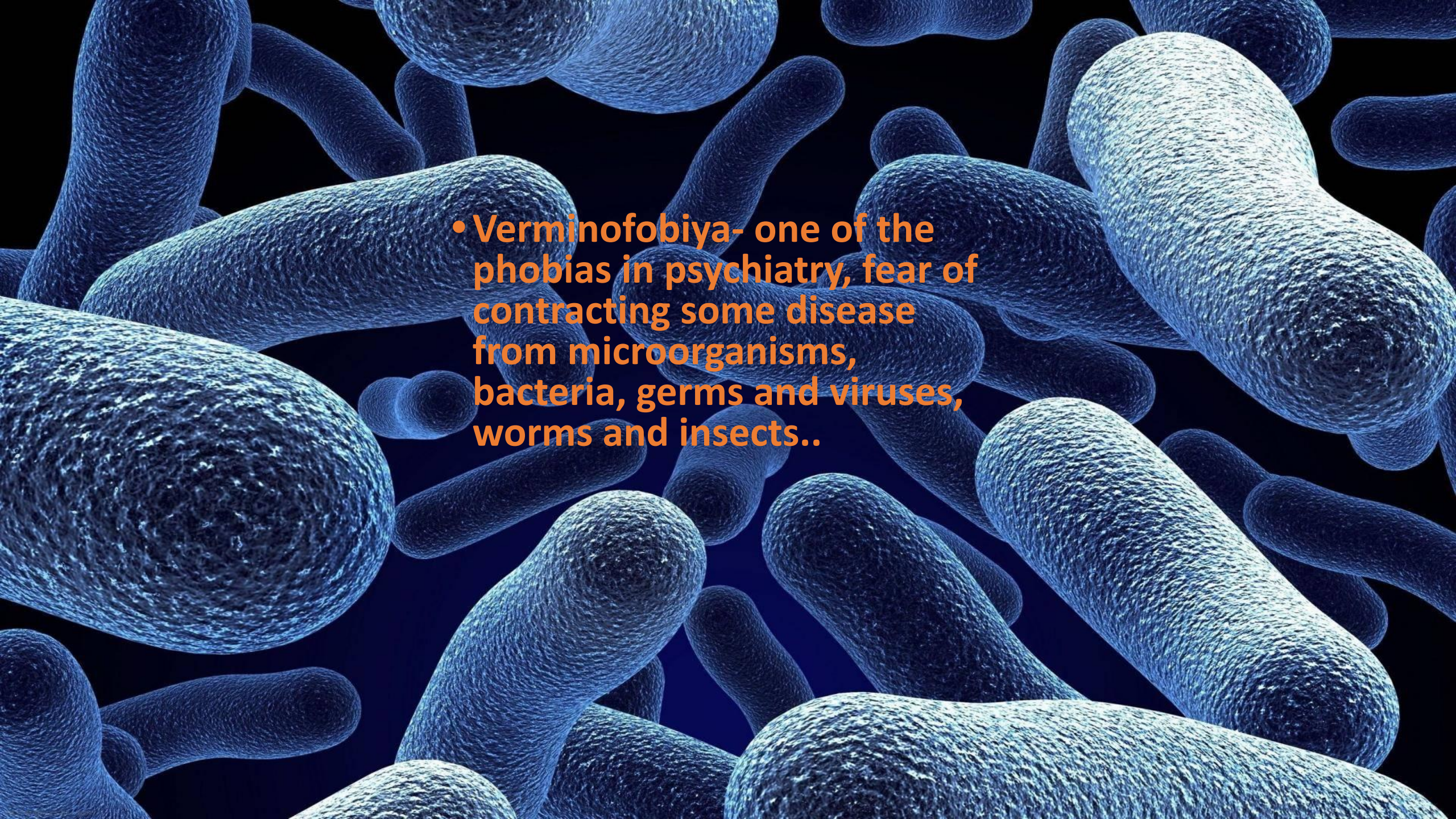
- **Ablutophobia** - specific phobia, is the constant, irrational, obsessive fear of bathing, washing or cleaning. Ablutophobia usually more common in children and women than in men.



- Acrophobia - fear of heights obsessive. When you are at the height of suffering from acrophobia observed nausea and dizziness. Vertigo at high altitude is a normal physiological response. Acrophobia it develops into a phobia and fear arises even a small height and in the absence of the risk of falling.



- Gemofobiya- belongs to obsessive-compulsive disorder, is characterized by intense fear at the sight of blood, not only on your body, but also strangers and is accompanied by facial pallor, tremor, palpitations, and sometimes loss of consciousness not only in weak subjects

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- **Verminofobiya**- one of the phobias in psychiatry, fear of contracting some disease from microorganisms, bacteria, germs and viruses, worms and insects..



- **NOMOPHOBIA** - fear of being left without a mobile phone or away from it



- Selahofobiya - fear of sharks





Thank you for attention!!!!