

The Phobia List

Jun 25, 2025 · It's impossible to name all the possible fears that people can have, but here's a list of the most common and unique ones, including the fear of phobias, as well as treatment options. Dec 8, 2025 · A phobia is an excessive, unrelenting, and often irrational fear. Review this common list of phobias and find treatment options. Feb 12, 2026 · Phobias are intense fears of an object, place, situation, or animal. Learn about the many different kinds that exist in this list of some of the most common phobias. A phobia is an anxiety disorder, defined by an irrational, unrealistic, persistent and excessive fear of an object or situation. [7][8][9][1] Phobias typically result in a rapid onset of fear and are usually present ... A phobia is an uncontrollable, irrational, and persistent fear of a specific object, situation, or activity. The fear experienced by people with phobias can be so great that some go to extreme lengths to avoid ... Sep 6, 2024 · The standard treatment for phobia is psychotherapy, as many types of therapy are effective in helping reduce symptoms associated with phobias. Medications aren't yet as helpful in ... May 7, 2024 · What is phobia? A phobia is a persistent, excessive, unrealistic fear of an object, person, animal, activity, or situation. It is a type of anxiety disorder. A person with a phobia either tries to ... Social anxiety disorder (previously called social phobia) is an intense, persistent fear of being watched and judged by others. To learn more, visit NIMH's page on social anxiety disorder. What causes ... What are phobias? A phobia is when something causes you to feel fear or anxiety that's so severe it consistently and overwhelmingly disrupts your life. Phobias are a type of anxiety disorder, and ... Sep 7, 2025 · A phobia is an intense, ongoing fear of a certain situation, thing, or activity.

Phobias: What They Are, Causes, Symptoms & Treatments
Phobia: Types, Symptoms, Causes, Diagnosis, Treatment and More - Health

Phobias and Phobia-Related Disorders - NIMH

Phobias - Johns Hopkins Medicine

Phobia - Wikipedia

Phobia - Harvard Health

List of Phobias: Common Types and Treatment - Verywell Health

[List of Phobias: How Many Are There? - Healthline](#)

[List of Phobias: Common Phobias From A to Z - Verywell Mind](#)

The Ultimate List of Phobias - Psych Central

The Phobia List

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