

Phobia

VOCABULARY

October 2026

Quizlet



<http://bit.ly/incl-adult-class>

	Basic Words	Notes		Intermediate Words	Notes
1	Claustrophobia		14	Chronophobia	
2	Agoraphobia		15	Hemophobia	
3	Acrophobia		16	Phobophobia	
4	Arachnophobia		17	Globophobia	
5	Aerophobia		18	Pogonophobia	
6	Aquaphobia		19	Ergophobia	
7	Nyctophobia		20	Atychiphobia	
8	Glossophobia		21	Social phobia	
9	Trypanophobia		22	Ophidiophobia	
10	Coulrophobia			Advanced Words	Notes
11	Nomophobia		23	Alektorophobia	
12	Megalophobia		24	Cathisophobia	
13	Somniphobia		25	Arachibutyrophobia	

Understanding Phobias

Phobia is experienced on a spectrum of how you feel. Human fear and anxiety exist on a continuous scale. A person's reaction to a specific trigger can range from a mild discomfort to full medical impairment. Each phobia can be placed in a different category for each person. For example, you can tell someone that you have a mild fear of **claustrophobia** and a severe fear of **Agoraphobia**. Below is the list of distinct levels of phobia.

1. No phobia (mild dislike or preference): You simply prefer to avoid it so you don't feel anxious.
2. Mild/subclinical fear: You feel nervous but can tolerate the situation if you have to.
3. Moderate phobia: You actively change your schedule to avoid the phobia. You have a strong urge to escape.
4. Severe phobia: Normal tasks become difficult to do because your life revolves around avoiding the specific fear. Full panic attacks, crying, or hyperventilating

List 5 things you are afraid of and share with the class...for example: Snakes, Heights, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

Discussion

Within the list you created on the left, what is the biggest fear you have? And why?

For 1,000,000,000 yen, could you face your fear? If not, how much could you do it for?

Would you rather stay one night in a haunted mansion, or face your biggest fear for one hour?

HOMework

S

A

B

C

D

E

F

TIER LIST! Fill out your tier list with the phobias below. 'S' is having the most fear and 'F' is that you have no care for this phobia.

NOTE: there will be some you need to look up on your own.

Acrophobia, arachnophobia, claustrophobia, agoraphobia, ophidiophobia, cynophobia, aviophobia, trypanophobia, nyctophobia, thanatophobia, hemophobia, glossophobia, emetophobia, mysophobia, aquaphobia, coulrophobia, entomophobia, xenophobia, social phobia, dentophobia, hydrophobia, thalassophobia, pyrophobia, astraphobia, technophobia, necrophobia, ornithophobia, pediophobia, iatrophobia, trypanophobia, aichmophobia,



facebook.



Instagram



LINE@

Q
U
I
Z
?

1. **What is the first recorded historical phobia?**
a) Hydrophobia b) Megalophobia
c) Agoraphobia d) Claustrophobia
2. **What is Goku from Dragon Ball Z's biggest phobia?**
a) Trypanophobia b) Social phobia c) Nomophobia
d) Cynophobia
3. **Genghis Khans was afraid of Dogs, what Phobia is this?**
a) Dogphobia b) Catphobia c) Cynophobia d) Hydrophobia
4. **What is Thomas Eddison's phobia?**
a) Hydrophobia b) Nomophobia c) Anatidaephobia d) Nyctophobia
5. **Glossophobia is the most common fear in the world, what is it?**
a) Fear of lip gloss b) fear of yourself
c) fear of public speaking d) fear of clowns



Follow us! For news and English tips