

## STOP AND THINK

# Is it a phobia... or isn't it?

Materials: Worksheets, phobia templates, pencils

Directions: Read the worksheet, complete the activity and discuss with the Group.

Is there anything that scares you?  
Something that gives you the creeps  
and keeps you awake at night?

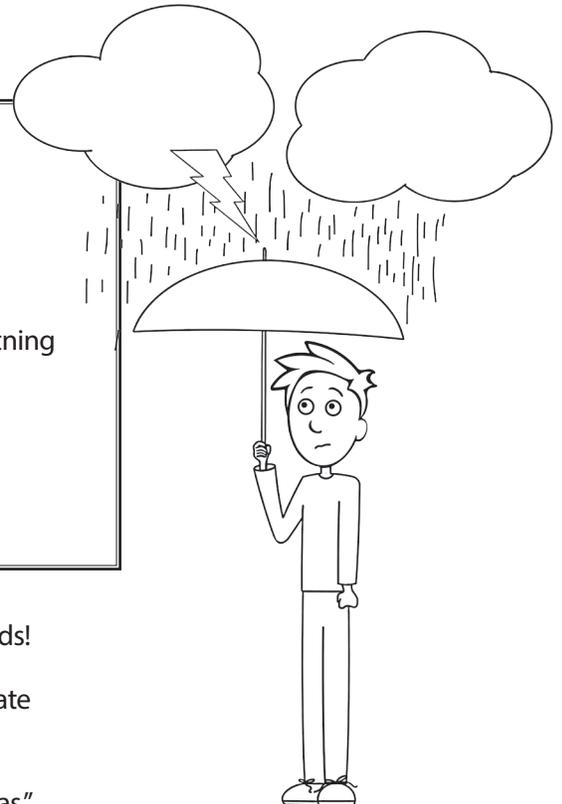
Have you ever heard of a "phobia"?

What is a phobia? A phobia is a fear that's so powerful it can take over your life.

Let's learn about some common phobias with long names that can be hard to pronounce. We'll try pronouncing these long words together. First, we'll pronounce each word by syllable, then as a complete word.

## COMMON PHOBIAS

|                     |                |   |                               |
|---------------------|----------------|---|-------------------------------|
| o-phi-di-o-pho-bi-a | ophidiophobia  | = | fear of snakes                |
| ag-o-ra-pho-bi-a    | agoraphobia    | = | fear of crowded spaces        |
| cy-no-pho-bi-a      | cynophobia     | = | fear of dogs                  |
| as-tra-pho-bi-a     | astraphobia    | = | fear of thunder and lightning |
| claus-tro-pho-bi-a  | claustrophobia | = | fear of small spaces          |
| my-so-pho-bi-a      | mysophobia     | = | fear of germs                 |
| try-pan-o-pho-bi-a  | trypanophobia  | = | fear of needles               |



No wonder these phobias are so hard to pronounce. They're ancient Greek words!

We may not know the Greek words for our different fears, so let's use the template to write down things that can be phobias and things that can't be phobias.

For example, could we be afraid of lions? Yes, so we'll write "lions" under "Phobias." Could we be afraid of ice cream? No, so we'll write "ice cream" under "Not phobias." After you've finished writing, we'll discuss why each thing is or is not a phobia.



**PHOBIAS**

A large rectangular box with a solid black border. Inside the box, there are 15 horizontal dotted lines spaced evenly down the page, providing a template for handwritten notes.

**NOT PHOBIAS**

A large rectangular box with a solid black border. Inside the box, there are 15 horizontal dotted lines spaced evenly down the page, providing a template for handwritten notes.