

**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?

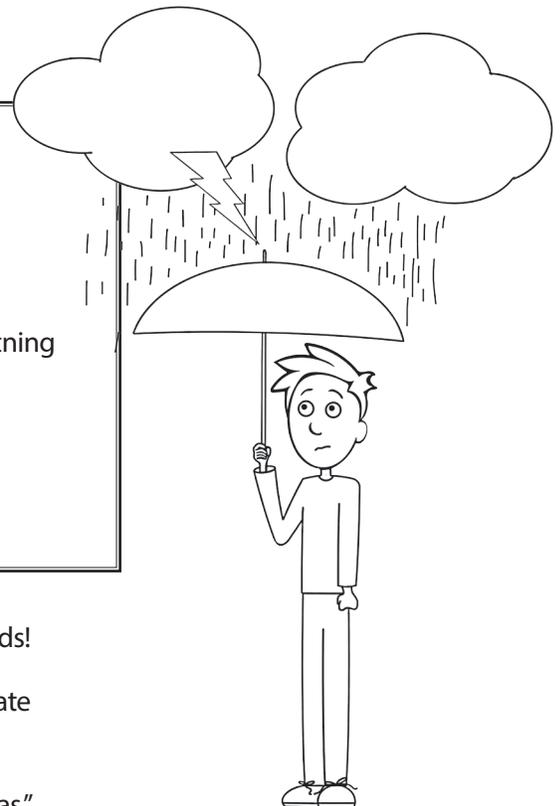
Have you ever heard of a "phobia"?

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 header containing the word "PHOBIAS". Below the header, the box is filled with horizontal dotted lines for writing.

**NOT PHOBIAS**

A large rectangular box with a solid black header containing the words "NOT PHOBIAS". Below the header, the box is filled with horizontal dotted lines for writing.