

List of phobias in alphabetical order of fear

If you would like any more information on overcoming phobias, please contact me on 07824 870959 or you can e-mail me at [mary@innerspacehypnotherapy.co.uk](mailto:mary@innerspacehypnotherapy.co.uk)

**Fear of:**

|          |                     |  |
|----------|---------------------|--|
| <b>A</b> | Abandonment         | Athagoraphobia   |
|          | Accidents           | Dystychiphobia   |
|          | AIDS                | Molysomophobia   |
|          | Amphibians          | Batrachophobia   |
|          | Amputees            | Apotemnophobia   |
|          | Anger/Being Angry   | Angrophobia  |
|          | Animals             | Zoophobia  |
| <b>B</b> | Bacteria            | Bacteriophobia   |
|          | Bathing             | Ablutophobia   |
|          | Beards              | Pogonophobia   |
|          | Bees                | Apiphobia; Melissophobia   |
|          | Being Alone         | Autophobia; Isolophobia  |
|          | Being Dirty         | Automysophobia   |
|          | Being Ridiculed     | Catagelophobia; Katagelophobia                                   |
|          | Being Robbed        | Harpaxophobia  |
|          | Being Smothered     | Pnigerophobia; Pnigophobia                                       |
|          | Being Touched       | Aphenphosmophobia; Chiraptophobia; Haphephobia; Haptophobia      |
|          | Bicycles            | Cyclophobia  |
|          | Birds               | Ornithophobia  |
|          | Blood               | Hemaphobia; Hematophobia; Hemophobia                             |
|          | Blushing            | Ereuthrophobia   |
|          | Body Smells         | Bromidrophobia; Bromidrosiphobia                                 |
|          | Brain Disease       | Meningitiophobia   |
|          | Bridges/ Tunnels    | Gephyrophobia; Claustrophobia                                    |
| <b>C</b> | Cancer              | Cancerophobia; Carcinophobia                                     |
|          | Car Travel          | Amaxophobia  |
|          | Cats                | Ailurophobia; Elurophobia; Felinophobia; Galeophobia; Gatophobia |
|          | Chickens            | Alektorophobia   |
|          | Childbirth          | Lockiophobia; Maieusiophobia; Parturiphobia                      |
|          | Choking             | Anginophobia; Pnigerophobia; Pnigophobia                         |
|          | Churches            | Ecclesiophobia   |
|          | Clocks              | Chronomentrophobia   |
|          | Clouds              | Nephophobia  |
|          | Clowns              | Coulrophobia   |
|          | Cold                | Cheimaphobia; Cheimatophobia                                     |
|          | Computers           | Cyberphobia; Logizomechanophobia                                 |
|          | Confined Spaces     | Claustrophobia   |
|          | Crossing the Street | Agyrophobia  |
|          | Crowds              | Demophobia; Enochlophobia; Ochlophobia                           |
| <b>D</b> | Darkness            | Achulophobia; Chorophobia; Lygophobia; Myctophobia; Nycotophobia |
|          | Death/Dead Things   | Necrophobia  |
|          | Death/Dying         | Thanatophobia; Thantophobia                                      |
|          | Dentist             | Dentophobia  |

|          |                         |   |
|----------|-------------------------|---|
|          | Dirt/Contamination      | Molysmophobia; Molsomophobia; Rupophobia          |
|          | Disease                 | Pathophobia; Panthopathophobia                    |
|          | Doctors                 | Iatrophobia                                       |
|          | Dogs/Rabies             | Cynophobia  |
|          | Drinking                | Dipsophobia                                       |
| <b>E</b> | Everything              | Panophobia; Pantophobia                           |
|          | Eyes                    | Ommatophobia; Ommetaphobia                        |
| <b>F</b> | Faeces                  | Coprophobia; Scatophobia                          |
|          | Failure                 | Atychiphobia                                      |
|          | Fainting                | Ashenophobia; Asthenophobia                       |
|          | Falling                 | Basiphobia; Basophobia                            |
|          | Fever                   | Febriphobia; Fibriophobia; Pyrexiphobia           |
|          | Fire                    | Arsonophobia; Pyrophobia                          |
|          | Fish                    | Icthyophobia                                      |
|          | Floods                  | Antlophobia                                       |
|          | Flowers                 | Anthophobia; Anthrophobia                         |
|          | Flying                  | Aviatophobia; Aviophobia; Pteromerhanophobia      |
|          | Fog                     | Homichlophobia; Nebulaphobia                      |
|          | Food                    | Cibophobia  |
|          | Friday 13 <sup>th</sup> | Paraskavedekatriaphobia                           |
|          | Fur/Animal Skin         | Doraphobia  |
| <b>G</b> | Germs                   | Misophobia; Mysophobia; Spermatophobia            |
|          | Getting Wrinkles        | Rhytiphobia                                       |
|          | Growing Old             | Gerascophobia                                     |
| <b>H</b> | Hair                    | Chaetophobia; Trichopathophobia; Trichophobia     |
|          | Heart                   | Cardiophobia                                      |
|          | Heights                 | Altophobia  |
|          | High Buildings          | Batophobia  |
|          | Horses                  | Equinophobia; Hippophobia                         |
|          | Hospitals               | Nosocomophobia                                    |
| <b>I</b> | Injections              | Trypanophobia                                     |
|          | Insects                 | Entomophobia; Insectophobia                       |
|          | Itching                 | Acarophobia                                       |
| <b>L</b> | Loud Noise              | Ligyrophobia                                      |
| <b>M</b> | Marriage                | Gamophobia  |
|          | Meat                    | Carnophobia                                       |
|          | Men                     | Androphobia; Arrhenophobia; Hominophobia          |
|          | Mice                    | Murophobia; Musophobia; Suriphobia                |
|          | Mirrors                 | Catoptrophobia; Eisoptrophobia                    |
|          | Money                   | Chrematophobia; Chrometophobia                    |
|          | Moon                    | Selenophobia                                      |
|          | Moths                   | Mottophobia; Mottephobia                          |
| <b>N</b> | Needles                 | Trypanophobia; Aichmophobia                       |
|          | Noise                   | Acousticophobia                                   |
|          | Nosebleeds              | Epistaxiophobia                                   |
|          | Nudity                  | Gymnophobia                                       |
|          | Numbers                 | Arithmophobia                                     |
| <b>O</b> | Old People              | Gerontophobia                                     |
|          | Open Spaces             | Agoraphobia                                       |
| <b>P</b> | Pain                    | Agliophobia; Algophobia; Odynophobia; Odynophobia |
|          | Plants                  | Batonophobia                                      |
|          | Poison                  | Iophobia  |

|   |                          |   |
|---|--------------------------|---|
|   | Pregnancy/Childbirth     | Tocophobia  |
|   | Public Places            | Agoraphobia   |
|   | Public Speaking          | Glossophobia; Phonophobia                           |
| R | Radiation/X Rays         | Radiophobia   |
|   | Rain                     | Ombrophobia   |
|   | Rats                     | Zemmiphobia   |
|   | Reptiles                 | Herpetophobia                                       |
| S | School                   | Didaskaleinophobia; Scolionophobia                  |
|   | Scratches                | Amychophobia  |
|   | Sea                      | Thalassophobia                                      |
|   | Sex                      | Genophobia  |
|   | Sexual Abuse             | Agraphobia; Contreltophobia                         |
|   | Shadows                  | Sciaphobia  |
|   | Skin Disease             | Dermatopathophobia; Dermatophobia; Dermatosiophobia |
|   | Sleep                    | Somniphobia   |
|   | Snakes                   | Ophidiophobia; Snakephobia                          |
|   | Snow                     | Chionophobia  |
|   | Speaking                 | Laliophobia; Lalophobia                             |
|   | Specific Places eg Stage | Topophobia  |
|   | Spiders                  | Arachnophobia                                       |
|   | Stagefright              | Topophobia  |
|   | Stars/Planets etc        | Astrophobia; Cometophobia                           |
|   | Stealing                 | Cleptophobia  |
|   | Strangers/Foreigners     | Xenophobia  |
|   | Streets                  | Agyrophobia   |
|   | Stuttering               | Psellismophobia                                     |
|   | Sun                      | Heliophobia; Photophobia                            |
|   | Surgery/Operations       | Tomophobia  |
| T | Taking Medicine          | Pharmacophobia                                      |
|   | Tests/Exams              | Testaphobia   |
|   | Thunder                  | Ceraunophobia; Keraunophobia; Tonitrophobia         |
|   | Thunder & Lightning      | Astraphobia; Astrapophobia; Brontophobia            |
|   | Time                     | Chronophobia  |
|   | Trains                   | Diderodromophobia                                   |
|   | Trees                    | Dendrophobia  |
| U | Ugliness                 | Cacophobia  |
|   | Untidiness               | Ataxophobia   |
| V | Vaccination              | Vaccinophobia                                       |
|   | Vehicles                 | Ochophobia; Pluviophobia                            |
|   | Vertigo/Dizziness        | Illyngophobia; Dinophobia                           |
|   | Vomiting                 | Emetophobia   |
| W | Washing                  | Ablutophobia  |
|   | Wasps                    | Spheksophobia                                       |
|   | Water                    | Aquaphobia; Hydrophobia                             |
|   | Weight Gain              | Pocrescophobia; Pocresophobia; Obesophobia          |
|   | Wind                     | Anemophobia   |
|   | Women                    | Gynephobia; Gynophobia                              |
|   | Work                     | Ergasiophobia; Ergophobia                           |
|   | Worms                    | Scoleciphobia                                       |