

## WHAT AM I AFRAID OF?

handout number

5.5

Activity type Consolidation

This activity is designed for use after the concept of phobias has been introduced. It provides images along with brief written descriptions of different phobias and asks students to guess what each person is afraid of.

It helps consolidate the definition of phobias and their classification.

Discussion ideas provided on handout 5.5b

### Practical use

This is a class activity that can be carried out as an individual but perhaps it would be more fun in pairs.

### Additional notes

This is suitable for individual or paired completion in class.

### Answers

Peter – school

Jane – enclosed spaces

Harry – blood

Jim – sickness

Raj – spiders

Hiro – failure

Anya – flying

Pandora – men

Sue – dentists

Chris – open spaces

## CLASSIFYING PHOBIAS: WHAT TYPE OF PHOBIA IS THIS?

handout number

5.6

Activity type Quiz

This activity is designed for use after the concept of phobias has been introduced. It provides pictorial images with brief written descriptions of different phobias and asks students to classify them as specific, social or

agoraphobia after having defined each type of phobia. It helps consolidate the definition of phobias and their classification.

### Practical use

Consolidation

### Additional notes

It is useful to be able to distinguish specific from social phobias and from agoraphobia because some explanations and treatments may be appropriate for some but not other types of phobia.

In addition, the origin of some specific phobias (ancient fears such as spiders) may have a different explanation.

This might be an opportunity to think about the differences in kinds of phobia.

### Answers

#### Specific phobias:

Arachnophobia – fear of spiders

Satanophobia – fear of Satan

Apiphobia – fear of bees

Arithmophobia – fear of numbers

#### Social phobias:

Fear of using public toilets

Angrophobia – fear of anger

Fear of public speaking

#### Agoraphobia:

Enochlophobia – fear of crowds

Fear of going outside

**CASE STUDIES – COMPONENTS OF PHOBIAS***handout number***5.7**  
a, b

Activity type    Application

This handout is designed to enable students to apply their understanding of the three characteristics of phobias.

It provides case studies of five very different instances of phobias and requires students to list the behavioural, emotional and cognitive components of each one in the table provided on 5.7b.

**Practical use**

Small group class exercise (probably best) or individual homework.

**Additional notes**

The case studies provide real-life examples of phobias and the exercise helps students to appreciate the three

types of characteristics by applying them to these particular cases.

**Answers****Mary – agoraphobia**

- Behavioural – panic, eventually avoidance (not going out alone).
- Emotional – fear, anxiety.
- Cognitive – irrational belief that she is about to die, probably triggered by bodily arousal caused by panic.

**John – social phobia**

- Behavioural – avoidance.
- Emotional – anxiety.
- Cognitive – irrational belief that that he may wet himself or urinate over others.

**Lucy – specific phobia**

- Behavioural – panic.
- Emotional – fear, anxiety, high arousal.
- Cognitive – irrational belief that spiders are crawling under her skin.

**Tim – specific phobia**

- Behavioural – panic, avoidance.
- Emotional – fear, anxiety.
- Cognitive – irrational belief that medical procedures will be painful and harmful to his health and well-being.

**Lee – specific phobia**

- Behavioural – panic, avoidance during everyday life, endurance during treatment.
- Emotional – fear, extremely high arousal.
- Cognitive – irrational belief that that all dogs are deliberately targeting him for attack and may kill him by going for his throat.