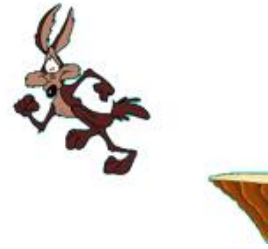


Talking about Fears



Question form: Are you afraid of _____?

If the person answers, "Yes", write down their name.
If the person answers "no", ask them, "What are you afraid of?"

Note: You can write each person's name only once.

Find someone who is afraid of:

heights (high places): _____

small places (like elevators): _____

crowded places: _____

snakes: _____

cockroaches: _____

dark places: _____

deep water: _____

pointy objects (knives, needles): _____

spiders: _____

dogs: _____

mice (or small animals): _____

teachers: _____

making speeches/presentations: _____

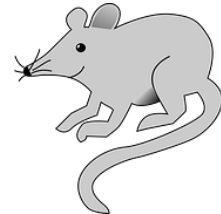
being alone: _____

Now let's talk about our fear!

Find a partner and ask each other these questions:

1. Why are you afraid of _____?
2. When was the last time you _____?
(example: ...were in a high place? ...saw a snake?
...were all alone? ...had to make a speech?)
3. How did you feel then?
4. What did you do then?
5. What is the best way to get over being afraid of something?

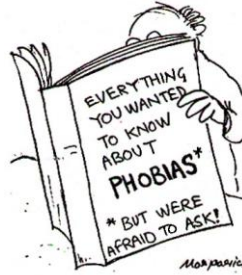
When you are finished, change partners and practice the questions again. Try not to look at the paper.



NO FEAR

A Short List of Phobias

Phobia – a very strong or irrational fear of something



Here is list of some common phobias. Which do you have?

- **Arachnophobia** – fear of spiders
- **Ophidiophobia** – fear of snakes
- **Acrophobia** – fear of heights
- **Agoraphobia** – fear of open areas or unfamiliar places
- **Cynophobia** – fear of dogs
- **Astraphobia** – fear of thunder/lightning
- **Claustrophobia** – fear of small spaces like elevators, small rooms and other enclosed spaces
- **Mysophobia** – The fear of germs It is also called Germophobia and Bacteriophobia
- **Aerophobia** – fear of flying
- **Carcinophobia** – fear of having cancer
- **Thanatophobia** – fear of dying
- **Glossophobia** – fear of public speaking (Commonly known as stage fright.)
- **Monophobia** – fear of being alone
- **Atychiphobia** – fear of failure
- **Ornithophobia** – fear of birds
- **Aphenphosmophobia** – The fear of intimacy. Fear of being touched and love.
- **Trypanophobia** – fear of needles
- **Anthropophobia** – fear of people
- **Aquaphobia** – fear of water or being near water
- **Hemophobia** – fear of blood
- **Gamophobia** – fear of commitment
- **Hippopotomonstrosesquippedaliophobia** – fear of long words.
- **Xenophobia** – The fear of the unknown. Fearing anything or anyone that is strange or foreign.



What Are You Afraid Of?

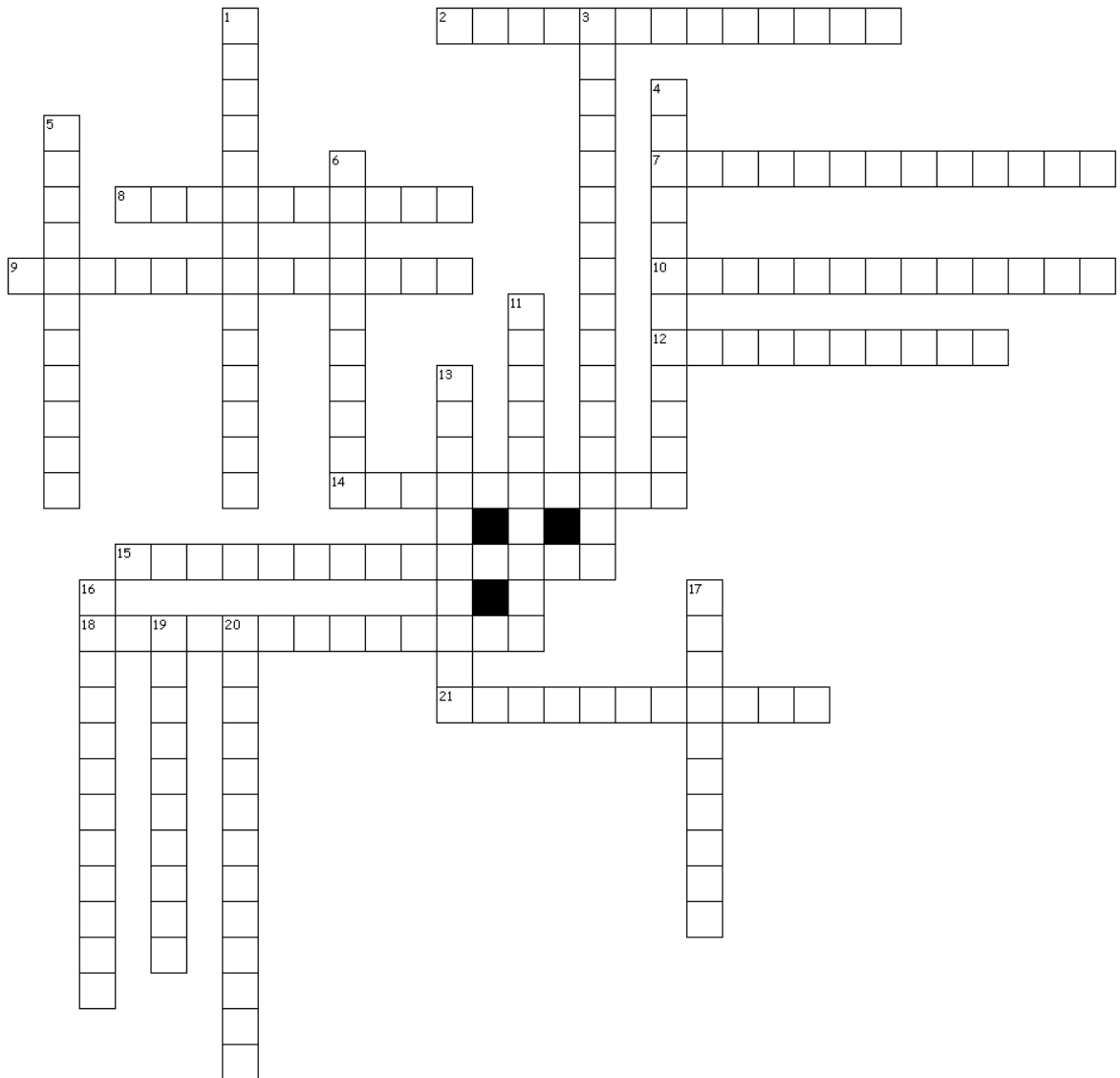
R O A C Z V A M A X V V D D R O V A Y R J Y A M D O A T S J D L T G B
 J C B I Y C I W E Z I T X Y N R E R I Q S C Q A A I A Q V J Y L D Q W
 K E C C B N B J R Q T F A Z I N V C A B K G K Y B N K L I A I W P P M
 W R R P S O O V O N S Y U V I I L G S D O Y K O Q N Q W T V G W M K D
 O N G W R Q H P P V T M D X Y T V N Z P P H H C M Q I J J P V F Z I Y
 Z Q S V N U P P H H J K R C Y H Y R T I A P P O X Q X U E L E E S Y J
 S X A L W P O W O O I E B P H O E X Y R A Y N I S G Y R F W T Q N N K
 D X D R F F N W B P B R W O I P C K Y R F O N E H O W K I X L T B P F
 N Y W X X O H A I R O I E L N H X O T F P P R M Y C D E Z U T K M W Z
 J Q M D E Q C L A V R R A O R O H S C H F F N F Y G Y A Y L Y P H M P
 F P C J H O A B N E B I H N X B A C O V I T V Z G G I T V A T U F T C
 V C C F G U R I N K L H T T M I H B M M E O D I K B C D A I U U R K D
 Q Y J C G P A G D J V R U C N A I D B B U U W P O P G D Y B D K T B J
 C W L B V J B G J Q Y W C A H A M Z M S Y U X H C X O B S O B E X E V
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 Z C F J O G T N F X S A L H E E A T N H I K Q Y E R E J X A A K J G L
 P L Y O T U O W H O R J E K L P J K V D R V K C I R N I A R I T O X N
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 K A H S H G A A V O P P V T X I P H T H O F I O Y R F F K G O J G F G
 K R J O N R U P S H V K S P P E P T M K J S P D B C I J D A H S E Z Z
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 K I C J F H X S S S C T Q A O U P H N A C R O P H O B I A S O M T Z A
 A B B W E D M Y U C I K G H M C K R C E N A H S A N G B Q Q M A K W A
 T D I O E P A I B O H P O R T S U A L C I A I B O H P A U Q A G D H V
 X L P I H G X V S V G A X J L G H K H B Y J T U O E Y T W A G H B D U
 Q N I O Q P A R G H G Q Q K E L T L O D N V T O X F Z Y O W M J T A Z
 B H B W H S O V Y E C A A N M N K H U T W I O E P W S K X Y Z G N D N
 K I V V W P A M I N O W A X F L P O P I W L S T J H T R Q R C C L P Z
 A A G S G J O Q E Z T C I H E O Z K U L D K Z P T M O C N M Y A A I T
 T V F I Q J K U J H C Q B X N S D O T J Z B L W U S K B R R J V R G E
 A L D K Z R L Q A X Y U W E M X B Z T Q M X M E E G O A I O L A L Z I
 A I B O H P O S S O L G X C A R C I N O P H O B I A F T O A H G Z G K
 Q U D F J P A Z A Y H K G E A D N I F Z X F J E P X M R Z G W E R Y T
 Y G M P I P Q E X E B L P Z I Z M H V M C Y I U C U P Q T L F I D C W

Find these words:

Arachnophobia - fear of spiders
 Ophidiophobia - fear of snakes
 Acrophobia - fear of heights
 Agoraphobia - fear of open or strange places
 Cynophobia - fear of dogs
 Astraphobia - fear of thunder/lightning
 Claustrophobia - fear of small spaces
 Germophobia - fear of germs
 Aerophobia - fear of flying
 Carcinophobia - fear of having cancer
 Thanatophobia - fear of dying
 Glossophobia - fear of public speaking

Monophobia - fear of being alone
 Atychiphobia - fear of failure
 Ornithophobia - fear of birds
 Aphenphosmophobia - fear of intimacy or being touched and love
 Trypanophobia - fear of needles
 Anthropophobia - fear of people
 Aquaphobia - fear of water or being near water
 Hemophobia - fear of blood
 Gamophobia - fear of commitment
 Xenophobia - fear of the unknown

What Are You Afraid Of?



Across	Down
2. fear of needles	1. fear of people
7. fear of birds	3. fear of intimacy or being touched and love
8. fear of dogs	4. fear of public speaking
9. fear of having cancer	5. fear of thunder/lightning
10. fear of snakes	6. fear of being alone
12. fear of blood	11. fear of water or being near water
14. fear of flying	13. fear of commitment
15. fear of small spaces Germophobia fear of germs	16. fear of failure
18. fear of dying	17. fear of the unknown
21. fear of open or strange places	19. fear of heights
	20. fear of spiders