

Appendices

Appendix A

Resource for Comfort and Aid in Neutralizing Fear

Following is a list of scriptures for comfort and neutralization of fears and times when needed. The promises of the Scripture are for God's people in all ages. Some of the promises have primary and secondary applications. Nevertheless, they are to be claimed by those who trust in the LORD God of Heaven. He will honor their faith according to his will and our needs. These scriptures are taken from the King James Version (KJV), Revised Standard Version (RSV) and the New International Version (NIV).

Anxiety

- Psalm 27:14 Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD. KJV
- Psalm 30:5 For his anger endureth but a moment; in his favor is life: weeping may endure for a night, but joy cometh in the morning. KJV

Philippians 4:6 Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. RSV

Philippians 4:19 And my God will supply every need of yours according to his riches in glory in Christ Jesus. RSV

Luke 21:26 Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. KJV

Traveling

Psalms 121:7-8 The LORD will keep you from all evil; he will keep your life. The LORD will keep your going out and your coming in from this time forth and for evermore. RSV

Proverbs 16:9 A man's mind plans his way, but the LORD directs his steps. RSV

Psalms 32:8 I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. KJV

Bereavement

Isaiah 60:20 Thy sun shall no more go down; neither shall thy moon withdraw itself: for the LORD shall be thine everlasting light, and the days of thy mourning shall be ended. KJV

Job 14:14-15 If a man die, shall he live again? All the days of my appointed time will I wait, till my change come. Thou shalt call, and I will answer thee. KJV

Psalms 71:20 Thou ... shalt quicken me again, and shalt bring me up again from the depths of the earth. KJV

Isaiah 26:19 Thy dead men shall live, together with my dead body shall they arise. KJV

1 Thessalonians 4:16 For the LORD himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first. *KJV*

Revelation 21:4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. *KJV*

Sickness

Jeremiah 30:17 For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD. *KJV*

Psalms 103:2-3 Bless the LORD, O my soul ... who forgives all your iniquity, who heals all your diseases. *RSV*

Mark 14:36 And he said, "Abba, Father, all things are possible to thee; remove this cup from me; yet not what I will, but what thou wilt." *RSV*

Hebrews 13:5 For he hath said, I will never leave thee, nor forsake thee. *KJV*

When Enemies Attack

Psalms 46:1-2 God is our refuge and strength, a very present help in trouble. Therefore will we not fear. *KJV*

Psalms 27:1-14 The LORD is my light and my salvation; whom shall I fear? When evildoers assail me ... they shall stumble and fall. *RSV*

Isaiah 54:17 No weapon that is formed against thee shall prosper. *KJV*

Psalms 91:1-16 He that dwelleth in the secret place of the Most High, shall abide under the shadow of the Almighty. *KJV*

When Success Eludes

Deuteronomy 28:1, 3 If thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments... Blessed shalt thou be in the city, and blessed shalt thou be in the field. KJV

Proverbs 10:22 The blessing of the LORD, it maketh rich, and he addeth no sorrow with it. KJV

Jeremiah 10:23 It is not in man that walketh to direct his steps. KJV

James 1:5 If any of you lacks wisdom, let him ask God, who gives to all men generously and without reproaching, and it will be given him. RSV

Proverbs 22:4 By humility and the fear of the LORD are riches, and honor, and life.

John 4:13-14 Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again. But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life. KJV

When in Despair

Psalms 31:24 Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD. KJV

2 Kings 6:16 Fear not: for they that be with us are more than they that be with them. KJV

Psalms 50:15 And call upon me in the day of trouble: I will deliver thee and thou shalt glorify me. KJV

Hebrews 13:5 I will never leave thee, nor forsake thee. KJV

Contemplating Marriage

- Genesis 2:22–24 And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. *KJV*
- 1 Corinthians 7:9 But if they cannot exercise self-control, let them marry. For it is better to marry than to be aflame with passion. *RSV*
- Hebrews 13:4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and the sexually immoral. *NIV*
- Proverbs 31:10–12 A good wife who can find? She is far more precious than jewels. The heart of her husband trusts in her. . . . She does him good, and not harm, all the days of her life. *RSV*

Discord in the Family

- 1 John 4:11 Beloved, if God so loved us, we ought also to love one another. *KJV*
- Romans 12:9–10 Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. *RSV*
- Ephesians 6:1–4 Children, obey your parents in the LORD: for this is right . . . And ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the LORD. *KJV*
- Ephesians 5:21–25 Submitting yourselves one to another in the fear of God. Wives submit yourselves unto your own husbands as unto the LORD. . . . Husbands, love your wives, even as Christ also loved the church, and gave himself for it. *KJV*

Loneliness

Hebrews 13:5 I will never leave thee, nor forsake thee. KJV Isaiah 43:2 When you pass through the waters I will be with you; and through the rivers, they shall not overwhelm you; when you walk through the fire you shall not be burned, and the flame shall not consume you. RSV

Fearful

Psalm 91:1 He that dwelleth in the secret place of the Most High, shall abide under the shadow of the Almighty. KJV (Note: Read all of Psalm 91.) Hebrews 13:6 So we may boldly say, The LORD is my helper, and I will not fear what man shall do unto me. KJV

Guilt

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. KJV

2 Chronicles 30:9 For the LORD your God is gracious and merciful, and will not turn away his face from you, if ye return unto him. KJV

Psalm 103:12 As far as the east is from the west, so far hath he removed our transgressions from us. KJV

Micah 7:19 And thou wilt cast all their sins into the depths of the sea. KJV

Hebrews 8:12 And their sins and their iniquities will I remember no more. KJV

2 Corinthians 5:17 Therefore, if any one is in Christ, he is a new creation; the old has passed away, behold the new has come. RSV

Appendix B

Maintaining Mental Strength and Vigor

Read the Bible daily and seek to share at least one aspect of God's goodness to you with someone else. Engage the mind in contemplation of the various fascinating aspects of nature. Read books that bring fresh knowledge and that cause the mind to think critically and evaluate them in the light of God's Word.

Sing songs of hope and assurance to reinforce your positive mental attitude and pray as often as you can. Believe that the God of Creation loves and cares about you and will hear and answer you when you call on him. Then watch God work in your behalf. You are already a success.

Appendix C 1

*List of 581 Phobia Descriptions Including Dr. Alan Gray's 576
(with permission)*

List of Fears by Alphabet

Phobias

| A | |
|--|---------------------------|
| Abuse: sexual | Contreltophobia |
| Accidents D | Dystychiphobia |
| Acknowledging the presence of fear in one's life | Acknowlophobia |
| Air | Anemophobia |
| Air swallowing | Aerophobia |
| Airborne noxious substances | Aerophobia |
| Airsickness | Aeronausiphobia |
| Alcohol | Methyphobia or potophobia |
| Alone, being or | Autophobia or monophobia |
| Alone, being or solitude | Isolophobia |
| Amnesia | Amnesiphobia |
| Anger | Choleroophobia |
| Angina | Anginophobia |
| Animals Z | Zoophobia |
| Animals, skins of or fur | Dorophobia |
| Animals, wild | Agrizoophobia |
| Ants | Myrmecophobia |
| Anything new | Neophobia |
| Asymmetrical things | Asymmetriphobia |
| Atomic explosions | Atomosophobia |
| Automobile, being in a moving | Ochophobia |
| Automobiles | Motorphobia |
| B | |
| Bacteria | Bacteriophobia |
| Bald people | Peladophobia |
| Bald, becoming | Phalacrophia |
| Bathing | Ablutophobia |
| Beards | Pogonophobia |

List of Fears by Alphabet**Phobias**

| | |
|--|--|
| Beaten by a rod or instrument of punishment, or of being severely criticized | Rhabdophobia |
| Beautiful women | Caligynephobia |
| Beds or going to bed | Clinophobia |
| Bees | Apiphobia or Melissophobia |
| Bicycles | Cyclophobia |
| Birds | Ornithophobia |
| Black | Melanophobia |
| Blindness in a visual field | Scotomaphobia |
| Blood | Hemophobia, hemaphobia, or Hematophobia |
| Blushing or the color red | Erythrophobia, Erytophobia, or Ereuthophobia |
| Body odors | Osmophobia or Osphresiophobia |
| Body, things to the left side of the body | Levophobia |
| Body, things to the right side of the body | Dextrophobia |
| Bogeyman or Bogies | Bogyphobia |
| Bolsheviks | Bolshephobia |
| Books | Bibliophobia |
| Bound or tied up | Merinthophobia |
| Bowel movements: painful | Defecaloesiophobia |
| Brain disease | Meningitophobia |
| Bridges or of crossing them | Gephyrophobia |
| Buildings: being close to high buildings | Batophobia |
| Bullets | Ballistophobia |

List of Fears by Alphabet

Phobias

| | |
|---|---|
| Bulls | Tauophobia |
| Bums or beggars | Hobophobia |
| Burglars, or being harmed by wicked persons | Scelerophobia |
| Buried alive, being or cemeteries | Taphephobia or Taphophobia |
| C | |
| Cancer | Cancerophobia, carcinophobia |
| Car or vehicle, riding in | Amaxophobia |
| Cats | Aclurophobia, ailurophobia, dlurophobia, felinophobia, galeophobia, or gatophobia |
| Celestial spaces | Astrophobia |
| Cemeteries | Coimetrophobia |
| Cemeteries or being buried alive | Taphephobia or taphophobia |
| Ceremonies, religious | Teleophobia |
| Changes, making; moving | Trophophobia or metathesiophobia |
| Chickens | Alektorophobia |
| Child, bearing a deformed; deformed people | Teratophobia |
| Childbirth | Maleusiophobia, tocophobia, parturiphobia, or lockiophobia |
| Children | Pedophobia |
| Chinese or Chinese culture | Sinophobia |
| Chins | Geniophobia |
| Choking or being smothered | Pnigophobia or pnigerophobia |
| Choking | Anginophobia |
| Cholera | Chorophobia |
| Church | Ecclesiophobia |
| Clocks | Chronomentrophobia |
| Clocks or time | Chronophobia |
| Clothing | Vestiphobia |
| Clouds | Nephophobia |

List of Fears by Alphabet

Phobias

| | |
|---|--|
| Clowns | Coulrophobia |
| Coitus | Coitophobia |
| Cold or cold things | Frigophobia |
| Cold: extreme, ice or frost | Cryophobia |
| Cold | Cheimaphobia, cheimatophobia, psychrophobia, or psychropophobia |
| Color purple | Porphyrophobia |
| Color red or blushing | Erythrophobia, erytophobia, or ereuthophobia |
| Color yellow | Xanthophobia |
| Color white | Leukophobia |
| Colors | Chromophobia or chromatophobia |
| Comets | Cometophobia |
| Computers or working on computers | Cyberphobia |
| Confined spaces | Claustrophobia |
| Constipation | Coprastasophobia |
| Contamination, dirt or infection | Molysmophobia or molsomophobia |
| Contamination with dirt or germs | Misophobia or mysophobia |
| Cooking | Mageirocophobia |
| Corpses | Necrophobia |
| Cosmic phenomenon | Kosmikophobia |
| Creepy, crawly things | Herpetophobia |
| Criticized severely, or beaten by rod or instrument of punishment | Rhabdophobia |
| Criticism | Enissophobia |
| Crosses or the crucifix | Staurophobia |
| Crossing streets | Agyrophobia or dromophobia |
| Crowded public places like markets | Agoraphobia |

List of Fears by Alphabet

Phobias

| | |
|---|---|
| Crowds or mobs | Enochlophobia, demophobia, or ochlophobia |
| Crucifix, the or crosses | Staurophobia |
| Crystals or glass | Crystallophobia |
| D | |
| Dampness, moisture or liquids | Hygrophobia |
| Dancing | Chorophobia |
| Dark or night | Nyctophobia |
| Dark place, being in | Lygophobia |
| Darkness | Achluophobia or myctophobia, or scotophobia |
| Dawn or daylight | Eosophobia |
| Daylight or sunshine | Phengophobia |
| Death or dying | Thanatophobia |
| Death or dead things | Necrophobia |
| Decaying matter | Seplophobia |
| Decisions: making decisions | Decidophobia |
| Defeat | Kakorrhaphiophobia |
| Deformed people or bearing a deformed child | Teratophobia |
| Deformity or unattractive body image | Dysmorphophobia |
| Demons | Demonophobia or Daemonophobia |
| Dental surgery | Odontophobia |
| Dentists | Dentophobia |
| Dependence on others | Soteriophobia |
| Depth | Bathophobia |
| Diabetes | Diabetophobia |
| Dining or dinner conversations | Delpnophobia |
| Dirt, contamination or infection | Molysmophobia or molsomophobia |
| Dirt or germs, being contaminated with | Misophobia or mysophobia |

List of Fears by Alphabet

Phobias

| | |
|--|---|
| Dirt or filth | Rhypophobia or rupophobia |
| Dirty, being dirty or personal filth | Automysophobia |
| Disease | Nosophobia, noseophobia, or Pathophobia |
| Disease and suffering | Panthophobia |
| Disease, a definite | Monopathophobia |
| Disease, brain | Meningitophobia |
| Disease, kidney | Albuminurophobia |
| Disease, rectal | Rectophobia |
| Dizziness or vertigo when looking down | Illyngophobia |
| Dizziness or whirlpools | Dinophobia |
| Doctor, going to the | Iatrophobia |
| Doctrine, challenges to or radical deviation from official | Heresyphobia or hereiophobia |
| Dogs or rabies | Cynophobia |
| Dolls | Pediophobia |
| Double vision | Diplophobia |
| Drafts | Aerophobia or anemophobia |
| Dreams, wet | Oneirogmophobia |
| Dreams | Oneirophobia |
| Drinking | Dipsophobia |
| Drugs, new | Neopharmaphobia |
| Drugs or taking medicine | Pharmacophobia |
| Dryness | Xerophobia |
| Dust | Amathophobia or koniophobia |
| Duty or responsibility, neglecting | Paralipophobia |
| Dying or death | Thanatophobia |
| E | |
| Eating or swallowing | Phagophobia |

List of Fears by Alphabet

Phobias

| | |
|--|--|
| Eating or food | Sitophobia or sitiophobia |
| Eating or swallowing or of being eaten | Phagophobia |
| Eight, the number | Octophobia |
| Electricity | Electrophobia |
| Englishness | Anglophobia |
| Erect penis | Medorthophobia |
| Erection, losing an | Medomalacuphobia |
| Everything | Panophobia, panphobia, pamphobia, or pantophobia |
| Eyes | Ommetaphobia or ommatophobia |
| Eyes, opening one's | Optophobia |
| F | |
| Fabrics, certain | Textophobia |
| Failure | Atychiphobia or kakorrhaphiophobia |
| Fainting | Asthenophobia |
| Fatigue | Kopophobia |
| Fearful situations: being preferred by a phobic | Counterphobia |
| Feathers or being tickled by feathers | Pteronophobia |
| Fecal matter, feces | Coprophobia or scatophobia |
| Female genitals | Kolpophobia |
| Female genitalia | Eurotophobia |
| Fever | Febriphobia, fibriphobia, fidriophobia, or pyrexiphobia |
| Filth or dirt | Rhyphobia |
| Fire | Arsonophobia or pyrophobia |
| Firearms | Hoplophobia |
| Fish | Ichthyophobia |
| Flogging or punishment | Mastigophobia |
| Floods | Antlophobia |

List of Fears by Alphabet

Phobias

| | |
|--|---|
| Flowers | Anthrophobia or anthropobia |
| Flutes | Aulophobia |
| Flying | Aviophobia, aviatophobia, or pteromerhanophobia |
| Fog | Homichlophobia or nebulaphobia |
| Food or eating | Sitophobia or sitiophobia |
| Food | Cibophobia |
| Foreigners or strangers | Xenophobia |
| Forests or wooden objects | Xylophobia |
| Forests | Hylophobia |
| Forests, dark wooded area, of at night | Nyctohylophobia |
| Forgetting or being forgotten | Athazagoraphobia |
| France or French culture | Francophobia, gallophobia, or galiphobia |
| Freedom | Eleutherophobia |
| Friday the thirteenth | Paraskavedekatriaphobia |
| Frogs | Batrachophobia |
| Frost, ice or extreme cold | Cryophobia |
| Frost or ice | Pagophobia |
| Functioning or work: surgeon's fear of operating | Ergasiophobia |
| Fur or skins of animals | Doraphobia |
| Future | Futurophobia |
| G | |
| Gaiety | Cherophobia |
| Garlic | Alliumphobia |
| Genitals, particularly female | Kolpophobia |
| Genitalia, female | Eurotophobia |
| Germans or German culture | Germanophobia or teutophobia |
| Germs or dirt, being contaminated with | Misophobia or mysophobia |

List of Fears by Alphabet

Phobias

| | |
|--|---|
| Germs | Verminophobia |
| Ghosts or specters | Spectrophobia |
| Ghosts | Phasmophobia |
| Girls, young or virgins | Parthenophobia |
| Giving permission or allowing one's self to explore one's fears | Alliophobia |
| Giving permission to others or allowing one's self to explore one's life for fears | Alleophobia |
| Glass or crystals | Crystallophobia |
| Glass | Hyelophobia, hyalophobia, or nelophobia |
| Gloomy place, being in | Lygophobia |
| God or gods | Zeusophobia |
| Gods or religion | Theophobia |
| Gold | Aurophobia |
| Good news, hearing good news | Euphobia |
| Gravity | Barophobia |
| Greek or Greek culture | Hellophobia |
| Greek terms | Hellenologophobia |
| Giving one's self or others permission to explore one's fears | Alliophobia |
| H | |
| Hair | Chaetophobia, trichopathophobia, trichophobia, or hypertrichophobia |
| Halloween | Samhainophobia |
| Handwriting | Graphophobia |
| Harmed by wicked persons; bad men or burglars | Scelerophobia |
| Heart | Cardiophobia |
| Heat | Thermophobia |

List of Fears by Alphabet

Phobias

| | |
|---|--|
| Heaven | Ouranophobia or uranophobia |
| Heights | Acrophobia, altophobia, batophobia, hypsiphobia, or hyposophobia |
| Hell | Hadephobia, stygiophobia, or stigiophobia |
| Heredity | Patroiophobia |
| Holy things | Hagiophobia |
| Home | Ecophobia |
| Home surroundings or a house | Oikophobia |
| Home, returning | Nostophobia |
| Home surroundings | Eicophobia |
| Homosexuality or of becoming homosexual | Homophobia |
| Horses | Equinophobia or hippophobia |
| Hospitals | Nosocomophobia |
| House or home surroundings | Oikophobia |
| Houses or being in a house | Domatophobia |
| Hurricanes and tornadoes | Lilapsophobia |
| Hypnotized, being or of sleep | Hypnophobia |
| I | |
| Ice or frost | Pagophobia |
| Ice, frost or extreme cold | Cryophobia |
| Ideas | Ideophobia |
| Ignored, being | Athazagoraphobia |
| Imperfection | Atelophobia |
| Inability to stand | Basiphobia or basophobia |
| Infection, contamination or dirt | Molysmophobia or molysomophobia |
| Infinity | Apeirophobia |
| Injections | Trypanophobia |
| Injury | Traumatophobia |
| Insanity, dealing with | Lyssophobia |

List of Fears by Alphabet

Phobias

| | |
|--|--|
| Insanity | Dementophobia or maniaphobia |
| Insects | Acarophobia, entomophobia, or insectophobia |
| Insects that eat wood | Isopterophobia |
| Insects that cause itching | Acarophobia |
| Itching | Acarophobia |
| J | |
| Japanese or Japanese culture | Japanophobia |
| Jealousy | Zelophobia |
| Jews | Judeophobia |
| Joint immobility | Ankylophobia |
| Jumping from high and low places | Catapadaphobia |
| Justice | Dikephobia |
| K | |
| Kidney disease | Albuminurophobia |
| Kissing | Philemaphobia or philematophobia |
| Knees | Genuphobia |
| Knowledge | Gnosiophobia or epistemophobia |
| L | |
| Lakes | Limnophobia |
| Large things | Megalophobia |
| Laughter | Geliophobia |
| Lawsuits | Liticaphobia |
| Learning | Sophophobia |
| Left-handed; objects at the left side of the body | Sinistrophobia |
| Leprosy | Leprophobia or lepraphobia |
| Lice | Pediculophobia or phthiriophobia |
| Light | Photophobia |

List of Fears by Alphabet

Phobias

| | |
|---|--|
| Light fl ashes | Selaphobia |
| Lightning and thunder | Brontophobia or karaunophobia |
| Lights, glaring | Photoaugliaphobia |
| Liquids, dampness or moisture | Hygrophobia |
| Locked in an enclosed place | Cleithrophobia, cleisiophobia, or clithrophobia |
| Lockjaw or tetanus | Tetanophobia |
| Loneliness or of being oneself | Eremophobia or eremiphobia |
| Looking up | Anablephobia or anablepophobia |
| Loud noises | Ligyrophobia |
| Love, sexual love | Erotophobia |
| Love play | Malaxophobia or sarmassophobia |
| Love, falling or being in | Philophobia |
| M | |
| Machines | Mechanophobia |
| Mad, becoming | Lyssophobia |
| Many things | Polyphobia |
| Marriage | Gamophobia |
| Materialism | Hylephobia |
| Matter, decaying | Seplophobia |
| Meat | Carnophobia |
| Medicine, taking; or drugs | Pharmacophobia |
| Medicines, mercurial | Hydrargyrophobia |
| Memories | Mnemophobia |
| Men, bad or burglars or being harmed by wicked persons | Scelerophobia |
| Men | Androphobia, arrhenphobia, or hominophobia |
| Menstruation | Menophobia |
| Mercurial medicines | Hydrargyrophobia |
| Metal | Metallophobia |

List of Fears by Alphabet

Phobias

| | |
|--|---|
| Meteors | Meteorophobia |
| Mice | Musophobia, murophobia, or suriphobia |
| Microbes | Bacillophobia or microbiophobia |
| Mind | Psychophobia |
| Mirrors or seeing oneself in a Mirror | Eisoptrophobia |
| Mirrors | Catoptrophobia |
| Missiles | Ballistophobia |
| Mistakes | Imperfectophobia |
| Mobs or crowds | Demophobia, enochlophobia, or ochlophobia |
| Moisture, dampness or liquids | Hygrophobia |
| Money | Chrometophobia or chrematophobia |
| Moon | Selenophobia |
| Mother-in-law | Pentheraphobia |
| Moths | Mottephobia |
| Motion or movement | Kinetophobia or kinesophobia |
| Moving or making changes | Trophophobia |
| Moving automobile or vehicle, being in | Ochophobia |
| Muscular incoordination (ataxia) | Ataxiophobia |
| Mushrooms | Mycophobia |
| Music | Melophobia |
| Myths or stories or false statements | Mythophobia |
| N | |
| Names or hearing a certain name | Onomatophobia |
| Names | Nomatophobia |
| Narrow things or places | Stenophobia |

List of Fears by Alphabet

Phobias

| | |
|---|---|
| Narrowness | Anginophobia |
| Needles | Aichmophobia or belonephobia |
| New, anything or novel | Kainophobia, kainolophobia, cenophobia, centophobia, or neophobia |
| Newness | Cainophobia, cenophobia, centophobia, or cainotophobia |
| News: hearing good news | Euphobia |
| Night or dark | Nyctophobia |
| Night | Noctiphobia |
| Noise | Acousticophobia |
| Noises, loud | Ligyrophobia |
| Noises or voices, speaking aloud, or telephones | Phonophobia |
| Northern lights | Auroraphobia |
| Nosebleeds | Epistaxiophobia |
| Novelty or anything new | Kainophobia or kainolophobia |
| Novelty | Cainophobia or cainotophobia |
| Nuclear weapons | Nucleomitophobia |
| Nudity | Gymnophobia or nudophobia |
| Number 8 | Octophobia |
| Number 13 | Triskadekaphobia |
| Numbers | Arithmophobia or numerophobia |
| 0 | |
| Objects, small | Tapinophobia |
| Ocean or sea | Thalassophobia |
| Odor, personal | Bromidrosiphobia, bromidrophobia, osmophobia, or osphresiophobia |
| Odor, that one has a vile odor | Autodysmophobia |
| Odors or smells | Olfactophobia |

List of Fears by Alphabet

Phobias

| | |
|--|--|
| Official doctrine, challenges to or radical deviation from | Heresyphobia or hereiophobia |
| Old people | Gerontophobia |
| Old, growing | Gerascophobia or gerontophobia |
| Open spaces | Agoraphobia |
| Open high places | Aeroacrophobia |
| Operation, surgical | Tomophobia |
| Opinions | Allodoxophobia |
| Others, dependence on | Soteriophobia |
| Otters | Lutrophobia |
| Outer space | Spacephobia |
| P | |
| Pain | Algiophobia, ponophobia, odynophobia, or odynephobia |
| Paper | Papyrophobia |
| Parasites | Parasitophobia |
| Parents-in-law | Soceraphobia |
| Peanut butter sticking to the roof of the mouth | Arachibutyrophobia |
| Pellagra | Pellagrophobia |
| Penis, erect | Medorthophobia |
| Penis, especially erect | Phallophobia |
| Penis, erect: seeing, thinking about or having | Ithyphallophobia |
| Penis, losing an erection | Medomalacuphobia |
| People | Anthropophobia |
| People in general or society | Sociophobia |
| People, deformed or bearing a deformed child | Teratophobia |
| Permission to self or others to explore one's fears | Alliophobia |
| Permission to self or others to explore one's life for fears | Alleophobia |

List of Fears by Alphabet

Phobias

| | |
|--------------------------------------|--|
| Philosophy | Philosophobia |
| Phobias | Phobophobia |
| Phobic preferring fearful situations | Counterphobia |
| Pins and needles | Belonephobia |
| Pins | Enetophobia |
| Place: locked in an enclosed place | Cleithrophobia, cleisiophobia, or clithrophobia |
| Place, being in a dark or gloomy | Lygophobia |
| Places, certain | Topophobia |
| Places, crowded public | Agoraphobia |
| Places, open high | Aeroacrophobia |
| Places or things, narrow | Stenophobia |
| Plants | Botonophobia |
| Pleasure, feeling | Hedonophobia |
| Poetry | Metrophobia |
| Pointed objects | Aichmophobia |
| Poison | Iophobia |
| Poisoned, being | Toxiphobia, toxophobia, or toxicophobia |
| Poliomyelitis, contracting | Poliosophobia |
| Politicians | Politicophobia |
| Pope | Papaphobia |
| Poverty | Peniaphobia |
| Precipices | Cremnophobia |
| Priests or sacred things | Hierophobia |
| Progress | Prosophobia |
| Property | Orthophobia |
| Prostitutes or venereal disease | Cypridophobia, cypriphobia, cyprianophobia, or cyprinophobia |
| Punishment or flogging | Mastigophobia |

List of Fears by Alphabet

Phobias

| | |
|--|--|
| Punishment by a rod or other instrument, or of being severely criticized | Rhabdophobia |
| Punishment | Poinophobia |
| Puppets | Pupaphobia |
| Purple, color | Porphyrophobia |
| R | |
| Rabies | Cynophobia, hydrophobophobia, hydrophobia, kynophobia, or lyssophobia |
| Radiation or X-rays | Radiophobia |
| Railroads or train travel | Siderodromophobia |
| Rain | Ombrophobia or pluviophobia |
| Rape | Virginitiphobia |
| Rat, great mole | Zemmiphobia |
| Relatives | Syngenesophobia |
| Religion or gods | Theophobia |
| Religious ceremonies | Teleophobia |
| Reptiles | Herpetophobia |
| Responsibility or duty, neglecting | Paralipophobia |
| Responsibility | Hypengyophobia or hypegiaphobia |
| Ridiculed, being | Catagelophobia or katagelophobia |
| Rivers | Potamphobia or potamophobia |
| Road travel or travel | Hodophobia |
| Robbers or being robbed | Harpaxophobia |
| Rooms, empty | Cenophobia or centophobia |
| Rooms | Koinoniphobia |
| Ruin | Atephobia |
| Running water | Potamophobia |

List of Fears by Alphabet

Phobias

| | |
|--|--|
| Russians | Russophobia |
| S | |
| Sacred things or priests | Hierophobia |
| Satan | Satanophobia |
| Scabies | Scabiophobia |
| School, going to school | Didaskaleinophobia |
| School | Scolionophobia |
| Scientific terminology, complex | Hellenologophobia |
| Scratches or being scratched | Amychophobia |
| Sea or ocean | Thalassophobia |
| Self, seeing oneself in a mirror | Eisoptrophobia |
| Self, personal odor | Bromidrosiphobia or bromidrophobia |
| Self, being alone | Autophobia, eremophobia, eremiphobia, or isolophobia |
| Self, being dirty | Automysophobia |
| Self, being oneself | Autophobia |
| Self, being seen or looked at | Scopophobia or scoptophobia |
| Self, being touched | Aphenphosmophobia |
| Self, that one has a vile odor | Autodysomophobia |
| Semen | Spermatophobia or spermophobia |
| Sermons | Homilophobia |
| Sex | Genophobia |
| Sex, opposite | Heterophobia or sexophobia |
| Sexual abuse | Agraphobia or contreltophobia |
| Sexual intercourse | Coitophobia |
| Sexual love or sexual questions | Erotophobia |
| Sexual perversion | Paraphobia |
| Shadows | Sciophobia or sciaphobia |
| Shellfish | Ostraconophobia |
| Shock | Hormephobia |
| Sin or of having committed an unpardonable sin | Enosiophobia or enissophobia |

List of Fears by Alphabet

Phobias

| | |
|---|---|
| Sin | Hamartophobia |
| Single: staying single | Anuptaphobia |
| Sinning | Peccatophobia |
| Sitting down | Kathisophobia |
| Sitting | Cathisophobia or thaasophobia |
| Situations, certain | Topophobia |
| Skin disease | Dermatophobia |
| Skin of animals, fur | Doraphobia |
| Sleep | Somniphobia |
| Sleep or being hypnotized | Hypnophobia |
| Slime | Blennophobia or myxophobia |
| Small things | Microphobia, mycrophobia, or tapinophobia |
| Smells or odors | Olfactophobia |
| Smothered, being or choking | Pnigophobia or pnigerophobia |
| Snakes | Ophidiophobia or snakephobia |
| Snow | Chionophobia |
| Social (fear of being evaluated negatively in social situations) | Social Phobia |
| Society or people in general | Anthropophobia or sociophobia |
| Solitude | Monophobia |
| Sounds | Acousticophobia |
| Sourness | Acerophobia |
| Space, closed or locked in an enclosed space | Cleithrophobia, cleisiophobia, clithrophobia |
| Space, outer | Spacephobia |
| Spaces, confined | Claustrophobia |
| Spaces, empty | Cenophobia, centophobia, or kenophobia |
| Spaces, open | Agoraphobia |
| Speak, trying to | Glossophobia |
| Speaking | Laliophobia or lalophobia |

List of Fears by Alphabet**Phobias**

| | |
|---|------------------------------------|
| Speaking aloud, voices or noises, or telephones | Phonophobia |
| Speaking in public | Glossophobia |
| Specters or ghosts | Spectrophobia |
| Speed | Tachophobia |
| Spiders | Arachnophobia or arachnophobia |
| Spirits | Pneumatiphobia |
| Stage fright | Topophobia |
| Stairs or climbing stairs | Climacophobia |
| Stand, inability to | Basiphobia or basophobia |
| Standing upright | Basistasiphobia or Basostasophobia |
| Standing up | Stasiphobia |
| Standing up and walking | Stasibasiphobia |
| Stared at, being | Ophthalmophobia |
| Stars | Siderophobia or astrophobia |
| Statements, false or myths or stories | Mythophobia |
| Staying single | Anuptaphobia |
| Stealing | Cleptophobia or kleptophobia |
| Stepfather | Vitricophobia |
| Stepmother | Novercaphobia |
| Stings | Cnidophobia or linonophobia |
| Stooping | Kyphophobia |
| Strangers or foreigners | Xenophobia |
| Streets, crossing streets | Dromophobia |
| Streets | Agyrophobia |
| String | Linonophobia |
| Storm, thunder | Brontophobia |
| Stuttering | Psellismophobia |
| Sun or sunlight | Heliophobia |
| Sunshine or daylight | Phengophobia |
| Surgical operations | Tomophobia |

List of Fears by Alphabet

Phobias

| | |
|-----------------------------------|--|
| Swallowing or eating | Phagophobia |
| Symbolism | Symbolophobia |
| Syphillis (lues) | Luiphobia or syphilophobia |
| T | |
| Tapeworms | Taeniophobia |
| Taste | Geumaphobia or geumophobia |
| Technology | Technophobia |
| Teeth | Odontophobia |
| Termites | Isopterophobia |
| Tests, taking | Testophobia |
| Tetanus or lockjaw | Tetanophobia |
| Theaters | Theatrophobia |
| Theology | Theologicophobia |
| Things, many | Polyphobia |
| Things, large | Megalophobia |
| Things or places, narrow | Stenophobia |
| Things, small | Microphobia or mycrophobia |
| Thinking | Phronemophobia |
| Thunder | Ceraunophobia |
| Thunder and lightning | Astraphobia, astrapophobia, brontophobia, or keraunophobia |
| Toads | Bufonophobia |
| Tombstones | Placophobia |
| Tornadoes and hurricanes | Lilapsophobia |
| Touched, being touched | Aphenphosmophobia, haphophobia, haptophobia, or chiraptophobia |
| Trains, railroads or train travel | Siderodromophobia |
| Travel or road travel | Hodophobia |
| Trees | Dendrophobia |
| Trembling | Tremophobia |
| Trichinosis | Trichinophobia |

List of Fears by Alphabet

Phobias

| | |
|--|--|
| Tuberculosis | Phthisiophobia or tuberculophobia |
| Tyrants | Tyrannophobia |
| U | |
| Ugliness | Cacophobia |
| Undressing in front of someone | Dishabillophobia |
| Urine or urinating | Urophobia |
| V | |
| Vaccination | Vaccinophobia |
| Vegetables | Lachanophobia |
| Venereal disease or prostitutes | Cypridophobia, cypriphobia, cyprianophobia, or cyprinophobia |
| Ventriloquist's dummy | Automatonophobia |
| Vision: double vision | Diplophobia |
| Voices or noises, speaking aloud or telephones | Phonophobia |
| Voids or empty spaces | Kenophobia |
| Vomiting secondary to airsickness | Aeronausiphobia |
| Vomiting | Emetophobia |
| W | |
| Waits, long | Macrophobia |
| Walking | Ambulophobia, basistasiphobia, or basostasophobia |
| Washing | Abultophobia |
| Wasps | Spheksophobia |
| Water | Hydrophobia |
| Waves or wavelike motions | Cymophobia or kymophobia |
| Wax statues | Automatonophobia |
| Weakness | Asthenophobia |
| Wealth | Plutophobia |

List of Fears by Alphabet

Phobias

| | |
|----------------------------|---|
| Weapons, nuclear | Nucleomitophobia |
| Weight, gaining | Obesophobia or pocrescophobia |
| Wind | Ancraophobia or anemophobia |
| Wine | Oenophobia |
| Witches and witchcraft | Wiccaphobia |
| Women | Gynephobia or gynophobia |
| Wooden objects or forests | Xylophobia |
| Words | Logophobia or verbophobia |
| Words, long | Hippopotomonstrosesquipedaliophobia or sesquipedalophobia |
| Work | Ergophobia or ponophobia |
| Worms | Scoleciphobia |
| Worms, being infested with | Helminthophobia |
| Wrinkles, getting | Rhytiphobia |
| Writing | Graphophobia |
| Writing in public | Scriptophobia |
| X | |
| X-rays or radiation | Radiophobia |
| Y | |
| Yellow color | Xanthophobia |

Appendix C2

*List of 581 Phobia Descriptions Including Dr. Alan Gray's 576
(with permission)*

List of Phobias by Alphabet

Fears

| A | |
|---|---|
| Ablutophobia | Bathing |
| Abultophobia | Washing |
| Acarophobia | Insects that cause itching |
| Acarophobia | Itching |
| Acarophobia, entomophobia, or insectophobia | Insects |
| Acerophobia | Sourness |
| Achluophobia, myctophobia, or scotophobia | Darkness |
| Acknowlophobia | acknowledging the presence of fear in one's life |
| Aclurophobia, ailurophobia, elurophobia, felinophobia, galeophobia, or gatophobia | Cats |
| Acousticophobia | Noise |
| Acousticophobia | Sounds |
| Acrophobia, altophobia, batophobia, hypsiphobia, or hyposophobia | Heights |
| Aeroacrophobia | Open high places |
| Aeroacrophobia | Places, open high |
| Aeronausiphobia | Airsickness |
| Aeronausiphobia | Vomiting secondary to airsickness |
| Aerophobia | Air swallowing |
| Aerophobia | Airborne noxious substances |
| Aerophobia or anemophobia | Drafts |
| Agoraphobia | Places, crowded public |

List of Phobias by Alphabet

Fears

| | |
|--|---|
| Agoraphobia | Crowded public places like markets |
| Agoraphobia | Open spaces |
| Agoraphobia | Spaces, open |
| Agraphobia or contreltophobia | Sexual abuse |
| Agrizoophobia | Animals, wild |
| Agyrophobia | Streets |
| Agyrophobia or dromophobia | Crossing streets |
| Aichmophobia | Pointed objects |
| Aichmophobia or belonephobia | Needles |
| Albuminurophobia | Disease: kidney |
| Albuminurophobia | Kidney disease |
| Alektorophobia | Chickens |
| Algiophobia, ponophobia, odynophobia, or odynephobia | Pain |
| Alliumphobia | Garlic |
| Allodoxaphobia | Opinions |
| Alliophobia | Giving permission or allowing one's self to explore one's fears |
| Alleophobia | Permission to self or others to explore one's life for fears |
| Amathophobia or koniophobia | Dust |
| Amaxophobia | Car or vehicle, riding in |
| Ambulophobia, basistasiphobia, or basostasophobia | Walking |
| Amnesiphobia | Amnesia |
| Amychophobia | Scratches or being scratched |
| Anablephobia or anablepophobia | Looking up |
| Ancraophobia or anemophobia | Wind |
| Androphobia, arrhenphobia, or hominophobia | Men |
| Anemophobia | Air |

List of Phobias by Alphabet

Fears

| | |
|--|---|
| Anginophobia | Angina |
| Anginophobia | Choking |
| Anginophobia | Narrowness |
| Anglophobia | Englishness |
| Ankylophobia | Joint immobility |
| Anthrophobia or anthophobia | Flowers |
| Anthropophobia | People |
| Anthropophobia or sociophobia | Society or people in general |
| Antlophobia | Floods |
| Anuptaphobia | Single: staying single |
| Anuptaphobia | Staying single |
| Apeirophobia | Infinity |
| Aphenphosmophobia | Self, being touched |
| Aphenphosmophobia, haphophobia, haptophobia, or chiraptophobia | Touched, being touched |
| Apiphobia or melissophobia | Bees |
| Arachibutyrophobia | Peanut butter sticking to the roof of the mouth |
| Arachnophobia or arachnophobia | Spiders |
| Arithmophobia or numerophobia | Numbers |
| Arsonophobia or pyrophobia | Fire |
| Asthenophobia | Fainting |
| Asthenophobia | Weakness |
| Astraphobia, astrapophobia, brontophobia, or keraunophobia | Thunder and lightning |
| Astrophobia | Celestial spaces |
| Asymmetriphobia | Asymmetrical things |
| Ataxiophobia | Muscular incoordination (ataxia) |

List of Phobias by Alphabet

Fears

| | |
|--|--------------------------------------|
| Atelophobia | Imperfection |
| Atephobia | Ruin |
| Athazagoraphobia | Forgetting or being forgotten |
| Athazagoraphobia | Ignored, being |
| Atomosophobia | Atomic explosions |
| Atychiphobia or kakorrhaphiophobia | Failure |
| Aulophobia | Flutes |
| Aurophobia | Gold |
| Auroraphobia | Northern lights |
| Autodysomophobia | Odor, that one has a vile odor |
| Autodysomophobia | Self, that one has a vile odor |
| Automatonophobia | Ventriloquist's dummy |
| Automatonophobia | Wax statues |
| Automysophobia | Dirty, being dirty or personal filth |
| Automysophobia | Self, being dirty |
| Autophobia | Self, being oneself |
| Autophobia or monophobia | Alone, being |
| Autophobia, eremophobia, eremiphobia, or isolophobia | Self, being alone |
| Aviophobia, aviophobia, or Pteromerhanophobia | Flying |
| B | |
| Bacillophobia or microbiophobia | Microbes |
| Bacteriophobia | Bacteria |
| Ballistophobia | Bullets |
| Ballistophobia | Missiles |
| Barophobia | Gravity |
| Basiphobia or basophobia | Inability to stand |
| Basiphobia or basophobia | Stand, inability to |
| Basistasiphobia or basostasophobia | Standing upright |

List of Phobias by Alphabet

Fears

| | |
|--|--|
| Bathophobia | Depth |
| Batophobia | Buildings: being close to high buildings |
| Batrachophobia | Frogs |
| Belonephobia | Pins and needles |
| Bibliophobia | Books |
| Blennophobia or myxophobia | Slime |
| Bogyphobia | Bogeyman or bogies |
| Bolshephobia | Bolsheviks |
| Botonophobia | Plants |
| Bromidrosiphobia or bromidrophobia | Self, personal odor |
| Bromidrosiphobia, bromidrophobia, osmophobia, or osphresiophobia | Odor, personal |
| Brontophobia | Storm, thunder |
| Brontophobia or karaunophobia | Lightning and thunder |
| Bufonophobia | Toads |
| C | |
| Cacophobia | Ugliness |
| Cainophobia or cainotophobia | Novelty |
| Cainophobia, cenophobia, centophobia, or cainotophobia | Newness |
| Caligynephobia | Beautiful women |
| Cancerophobia or carcinophobia | Cancer |
| Cardiophobia | Heart |
| Carnophobia | Meat |
| Catagelophobia or katagelophobia | Ridiculed, being |
| Catapedaphobia | Jumping from high and low places |
| Cathisophobia or thaasophobia | Sitting |

List of Phobias by Alphabet

Fears

| | |
|---|--|
| Catoptrophobia | Mirrors |
| Cenophobia or centophobia | Rooms, empty |
| Cenophobia, centophobia, or kenophobia | Spaces, empty |
| Ceraunophobia | Thunder |
| Chaetophobia, trichopathophobia, trichophobia, or hypertrichophobia | Hair |
| Cheimaphobia, cheimatophobia, psychrophobia, or psychropophobia | Cold |
| Cherophobia | Gaiety |
| Chionophobia | Snow |
| Cholerophobia | Anger |
| Chorophobia | Cholera |
| Chorophobia | Dancing |
| Chrometophobia or chrematophobia | Money |
| Chromophobia or chromatophobia | Colors |
| Chronomentrophobia | Clocks |
| Chronophobia | Clocks or time |
| Cibophobia | Food |
| Claustrophobia | Confined spaces |
| Claustrophobia | Spaces, confined |
| Cleithrophobia, cleisiophobia, or Clithrophobia | Space, closed or locked in an enclosed space |
| Cleithrophobia, cleisiophobia, or clithrophobia | Locked in an enclosed place |
| Cleithrophobia, cleisiophobia, or clithrophobia | Place: locked in an enclosed place |
| Cleptophobia or kleptophobia | Stealing |
| Climacophobia | Stairs or climbing stairs |

List of Phobias by Alphabet

Fears

| | |
|--|---|
| Clinophobia | Beds or going to bed |
| Cnidophobia or linonophobia | Stings |
| Coimetrophobia | Cemeteries |
| Coitophobia | Coitus |
| Coitophobia | Sexual intercourse |
| Cometophobia | Comets |
| Contreltophobia | Abuse: sexual |
| Coprastaphobia | Constipation |
| Coprophobia or scatophobia | Fecal matter, feces |
| Coulrophobia | Clowns |
| Counterphobia | Fearful situations: being preferred by a phobic |
| Counterphobia | Phobic preferring fearful situations |
| Cremnophobia | Precipices |
| Cryophobia | Cold: extreme, ice or frost |
| Cryophobia | Frost, ice or extreme cold |
| Cryophobia | Ice, frost or extreme cold |
| Crystallophobia | Crystals or glass |
| Crystallophobia | Glass or crystals |
| Cyberphobia | Computers or working on computers |
| Cyclophobia | Bicycles |
| Cymophobia or kymophobia | Waves or wavelike motions |
| Cynophobia | Dogs or rabies |
| Cynophobia, hydrophobophobia, hydrophobia, kynophobia, or lyssophobia | Rabies |
| Cypridophobia, cypriphobia, cyprianophobia, or cyprinophobia | Prostitutes or venereal disease |
| Cypridophobia, cypriphobia, cyprianophobia, or cyprinophobia | Venereal disease or prostitutes |

List of Phobias by Alphabet

Fears

| D | |
|---|--|
| Decidophobia | Decisions: making decisions |
| Defecaloesiophobia | Bowel movements: painful |
| Delpnophobia | Dining or dinner conversations |
| Dementophobia or maniaphobia | Insanity |
| Demonophobia or Daemonophobia | Demons |
| Demophobia, enochlophobia, or ochlophobia | Mobs or crowds |
| Dendrophobia | Trees |
| Dentophobia | Dentists |
| Dermatophobia | Skin lesions |
| Dermatosiophobia | Skin disease |
| Dextrophobia | Body, things to the right side of the body |
| Diabetophobia | Diabetes |
| Didaskaleinophobia | School, going to school |
| Dikephobia | Justice |
| Dinophobia | Dizziness or whirlpools |
| Diplophobia | Double vision |
| Diplophobia | Vision: double vision |
| Dipsophobia | Drinking |
| Dishabillophobia | Undressing in front of someone |
| Domatophobia | Houses or being in a house |
| Doraphobia | Animals, skins of or fur |
| Doraphobia | Fur or skins of animals |
| Doraphobia | Skin of animals, fur |
| Dromophobia | Streets, crossing streets |
| Dysmorphophobia | Deformity or unattractive body image |
| Dystychiphobia | Accidents |

List of Phobias by Alphabet

Fears

| E | |
|--|--|
| Ecclesiophobia | Church |
| Ecophobia | Home |
| Eicophobia | Home surroundings |
| Eisoptrophobia | Mirrors or seeing oneself in a mirror |
| Eisoptrophobia | Self, seeing oneself in a mirror |
| Electrophobia | Electricity |
| Eleutherophobia | Freedom |
| Emetophobia | Vomiting |
| Enetophobia | Pins |
| Enissophobia | Criticism |
| Enochlophobia, demophobia, or ochlophobia | Crowds or mobs |
| Enosiophobia or enissophobia | Sin or of having committed an unpardonable sin |
| Eosophobia | Dawn or daylight |
| Epistaxiophobia | Nosebleeds |
| Equinophobia or hippophobia | Horses |
| Eremophobia or eremiphobia | Loneliness or of being oneself |
| Ergasiophobia | Functioning or work; surgeon's fear of operating |
| Ergophobia or ponophobia | Work |
| Erotophobia | Love, sexual love |
| Erotophobia | Sexual love or sexual questions |
| Erythrophobia, erytophobia, or ereuthophobia | Blushing or the color red |
| Erythrophobia, erytophobia, or ereuthophobia | Color red or blushing |
| Euphobia | Good news, hearing good news |
| Euphobia | News: hearing good news |
| Eurotophobia | Female genitalia |
| Eurotophobia | Genitalia, female |

List of Phobias by Alphabet

Fears

| | |
|--|-----------------------------|
| F | |
| Febriphobia, fibriphobia, fidriophobia, or pyrexiophobia | Fever |
| Francophobia, gallophobia, or galiphobia | France or French culture |
| Frigophobia | Cold or cold things |
| Futurophobia | Future |
| G | |
| Gamophobia | Marriage |
| Geliophobia | Laughter |
| Geniophobia | Chins |
| Genophobia | Sex |
| Genuphobia | Knees |
| Gephyrophobia | Bridges or of crossing them |
| Gerascophobia or gerontophobia | Old, growing |
| Germanophobia or teutophobia | Germans or German culture |
| Gerontophobia | Old people |
| Geumaphobia or geumophobia | Taste |
| Glossophobia | Speak, trying to |
| Glossophobia | Speaking in public |
| Gnosiophobia or epistemophobi | Knowledge |
| Graphophobia | Handwriting |
| Graphophobia | Writing |
| Gymnophobia or nudophobia | Nudity |
| Gynephobia or gynophobia | Women |
| H | |
| Hadephobia, stygiophobia, or stigiophobia | Hell |
| Hagiophobia | Holy things |
| Hamartophobia | Sin |
| Harpaxophobia | Robbers or being robbed |

List of Phobias by Alphabet

Fears

| | |
|---|--|
| Hedonophobia | Pleasure, feeling |
| Heliophobia | Sun or sunlight |
| Hellenologophobia | Greek terms |
| Hellenologophobia | Scientific terminology, complex |
| Hellophobia | Greek or Greek culture |
| Helminthophobia | Worms, being infested with |
| Hemophobia, hemaphobia, or hematophobia | Blood |
| Heresyphobia or hereiophobia | Doctrine, challenges to or radical deviation from official |
| Heresyphobia or hereiophobia | Official doctrine, challenges to or radical deviation from |
| Herpetophobia | Creepy, crawly things |
| Herpetophobia | Reptiles |
| Heterophobia or sexophobia | Sex, opposite |
| Hierophobia | Priests or sacred things |
| Hierophobia | Sacred things or priests |
| Hippopotomonstrosesquipedaliophobia or sesquipedalophobia | Words, long |
| Hobophobia | Bums or beggars |
| Hodophobia | Road travel or travel |
| Hodophobia | Travel or road travel |
| Homichlophobia or nebulaphobia | Fog |
| Homilophobia | Sermons |
| Homophobia | Homosexuality or of becoming homosexual |
| Hoplophobia | Firearms |
| Hormephobia | Shock |
| Hydrargyophobia | Medicines, mercurial |
| Hydrargyophobia | Mercurial medicines |
| Hydrophobia | Water |

List of Phobias by Alphabet

Fears

| | |
|---|--|
| Hyelophobia, hyalophobia, or nelophobia | Glass |
| Hygrophobia | Dampness, moisture or liquids |
| Hygrophobia | Liquids, dampness or moisture |
| Hygrophobia | Moisture, dampness or liquids |
| Hylephobia | Materialism |
| Hylophobia | Forests |
| Hypengyophobia or hypegiaphobia | Responsibility |
| Hypnophobia | Hypnotized, being or of sleep |
| Hypnophobia | Sleep or being hypnotized |
| I | |
| Iatrophobia | Doctor, going to the |
| Ichthyophobia | Fish |
| Imperfectophobia | Mistakes |
| Ideophobia | Ideas |
| Illyngophobia | Dizziness or vertigo when looking down |
| Iophobia | Poison |
| Isolophobia | Alone, being or solitude |
| Isopterophobia | Insects that eat wood |
| Isopterophobia | Termites |
| Ithyphallophobia | Penis, erect: seeing, thinking about or having |
| J | |
| Japanophobia | Japanese or Japanese culture |
| Judeophobia | Jews |
| K | |
| Kainophobia or kainolophobia | Novelty or anything new |
| Kainophobia, kainolophobia, cenophobia, centophobia, or neophobia | New, anything or novel |
| Kakorrhaphiophobia | Defeat |
| Kathisophobia | Sitting down |

List of Phobias by Alphabet

Fears

| | |
|------------------------------|---|
| Kenophobia | Voids or empty spaces |
| Kinetophobia or kinesophobia | Motion or movement |
| Koinoniphobia | Rooms |
| Kolpophobia | Female genitals |
| Kolpophobia | Genitals, particularly female |
| Kopophobia | Fatigue |
| Kosmikophobia | Cosmic phenomenon |
| Kyphophobia | Stooping |
| L | |
| Lachanophobia | Vegetables |
| Laliophobia or lalophobia | Speaking |
| Leprophia or lepraphobia | Leprosy |
| Leukophobia | Color white |
| Levophobia | Body, things to the left side of the body |
| Ligyrophobia | Loud noises |
| Ligyrophobia | Noises, loud |
| Lilapsophobia | Hurricanes and tornadoes |
| Lilapsophobia | Tornadoes and hurricanes |
| Limnophobia | Lakes |
| Linonophobia | String |
| Liticaphobia | Lawsuits |
| Logophobia or verbophobia | Words |
| Luiphobia or syphilophobia | Syphillis (lues) |
| Lutrophobia | Otters |
| Lygophobia | Dark place, being in |
| Lygophobia | Gloomy place, being in |
| Lygophobia | Place, being in a dark or gloomy |
| Lyssophobia | Insanity, dealing with |
| Lyssophobia | Mad, becoming |

List of Phobias by Alphabet

Fears

| M | |
|--|--|
| Macrophobia | Waits, long |
| Mageiropophobia | Cooking |
| Malaxophobia or sarmassophobia | Love play |
| Maleusiophobia, tocophobia, parturiphobia, or lockiophobia | Childbirth |
| Mastigophobia | Flogging or punishment |
| Mastigophobia | Punishment or flogging |
| Mechanophobia | Machines |
| Medomalacuphobia | Erection, losing an |
| Medomalacuphobia | Penis, losing an erection |
| Medorthophobia | Erect penis |
| Medorthophobia | Penis, erect |
| Megalophobia | Large things |
| Megalophobia | Things, large |
| Melanophobia | Black |
| Melophobia | Music |
| Meningitophobia | Brain disease |
| Meningitophobia | Disease, brain |
| Menophobia | Menstruation |
| Merinthophobia | Bound or tied up |
| Metallophobia | Metal |
| Meteorophobia | Meteors |
| Methyphobia or potophobia | Alcohol |
| Metrophobia | Poetry |
| Microphobia or mycrophobia | Things, small |
| Microphobia, mycrophobia, or tapinophobia | Small things |
| Misophobia or mysophobia | Contamination with dirt or germs |
| Misophobia or mysophobia | Dirt or germs, being contaminated with |
| Misophobia or mysophobia | Germs or dirt, being |

List of Phobias by Alphabet

Fears

| | |
|--|--|
| Mnemophobia | Memories |
| Molysmophobia or molsomophobia | Contamination, dirt or infection |
| Molysmophobia or molsomophobia | Dirt, contamination or infection |
| Molysmophobia or molsomophobia | Infection, contamination or dirt |
| Monopathophobia | Disease, a definite |
| Monophobia | Solitude |
| Motorphobia | Automobiles |
| Mottephobia | Moths |
| Musophobia, murophobia, or suriphobia | Mice |
| Mycophobia | Mushrooms |
| Myrmecophobia | Ants |
| Mythophobia | Myths or stories or false statements |
| Mythophobia | Statements, false or myths or Stories |
| N | |
| Necrophobia | Corpses |
| Necrophobia | Death or dead things |
| Neopharmaphobia | Drugs, new |
| Neophobia | Anything new |
| Nephophobia | Clouds |
| Noctiphobia | Night |
| Nomatophobia | Names |
| Nosocomephobia | Hospitals |
| Nosophobia, noseaphobia, or pathophobia | Disease |
| Nostophobia | Home, returning |
| Novercaphobia | Stepmother |
| Nucleomituphobia | Nuclear weapons |
| Nucleomituphobia | Weapons, nuclear |

List of Phobias by Alphabet

Fears

| | |
|-------------------------------|---|
| Nyctohylophobia | Forests, dark wooded area, of at night. |
| Nyctophobia | Dark or night |
| Nyctophobia | Night or dark |
| 0 | |
| Obesophobia or pocrescophobia | Weight, gaining |
| Ochophobia | Automobile, being in a moving |
| Ochophobia | Moving automobile or vehicle, being in |
| Octophobia | Eight, the number |
| Octophobia | Number 8 |
| Odontophobia | Dental surgery |
| Odontophobia | Teeth |
| Oenophobia | Wine |
| Oikophobia | Home surroundings or a house |
| Oikophobia | House or home surroundings |
| Olfactophobia | Odors or smells |
| Olfactophobia | Smells or odors |
| Ombrophobia or pluviophobia | Rain |
| Ommetaphobia or ommatophobia | Eyes |
| Oneirogmophobia | Dreams, wet |
| Oneirophobia | Dreams |
| Onomatophobia | Names or hearing a certain name |
| Ophidiophobia or snakephobia | Snakes |
| Ophthalmophobia | Stared at, being |
| Optophobia | Eyes, opening one's |
| Ornithophobia | Birds |
| Orthophobia | Property |
| Osmophobia or osphresiophobia | Body odors |
| Ostraconophobia | Shellfish |

List of Phobias by Alphabet

Fears

| | |
|---|---|
| Ouranophobia or uranophobia | Heaven |
| P | |
| Pagophobia | Frost or ice |
| Pagophobia | Ice or frost |
| Panophobia, panphobia, pamphobia, or pantophobia | Everything |
| Panthophobia | Disease and suffering |
| Papaphobia | Pope |
| Papyrophobia | Paper |
| Paralipophobia | Duty or responsibility, neglecting |
| Paralipophobia | Responsibility or duty, neglecting |
| Paraphobia | Sexual perversion |
| Parasitophobia | Parasites |
| Paraskavedekatriaphobia | Friday the 13th |
| Parthenophobia | Girls, young or virgins |
| Patroiophobia | Heredity |
| Peccatophobia | Sinning |
| Pediculophobia or phthiriophobia | Lice |
| Pediophobia | Dolls |
| Pedophobia | Children |
| Peladophobia | Bald people |
| Pellagrophobia | Pellagra |
| Peniaphobia | Poverty |
| Pentheraphobia | Mother-in-law |
| Phagophobia | Eating or swallowing |
| Phagophobia | Eating or swallowing or of being eaten |
| Phagophobia | Swallowing or eating |
| Phalacrophobia | Bald, becoming |
| Phallophobia | Penis, especially erect |
| Pharmacophobia | Drugs or taking medicine |

List of Phobias by Alphabet

Fears

| | |
|-----------------------------------|---|
| Pharmacophobia | Medicine, taking; or drugs |
| Phasmophobia | Ghosts |
| Phengophobia | Daylight or sunshine |
| Phengophobia | Sunshine or daylight |
| Philemaphobia or philematophobia | Kissing |
| Philophobia | Love, falling or being in |
| Philosophobia | Philosophy |
| Phobophobia | Phobias |
| Phonophobia | Noises or voices, speaking aloud, or telephones |
| Phonophobia | Speaking aloud, voices or noises, or telephones |
| Phonophobia | Voices or noises, speaking aloud or telephones |
| Photoaugliaphobia | Lights, glaring |
| Photophobia | Light |
| Phronemophobia | Thinking |
| Phthisiophobia or tuberculophobia | Tuberculosis |
| Placophobia | Tombstones |
| Plutophobia | Wealth |
| Pneumatiphobia | Spirits |
| Pnigophobia or pnigerophobia | Choking or being smothered |
| Pnigophobia or pnigerophobia | Smothered, being or choking |
| Pogonophobia | Beards |
| Poinephobia | Punishment |
| Poliosophobia | Contracting Poliomyelitis |
| Politicophobia | Politicians |
| Polyphobia | Many things |
| Polyphobia | Things, many |
| Porphyrophobia | Color purple |
| Porphyrophobia | Purple, color |
| Potamophobia | Running water |

List of Phobias by Alphabet

Fears

| | |
|-----------------------------|--|
| Potamphobia or potamophobia | Rivers |
| Prosophobia | Progress |
| Psellismophobia | Stuttering |
| Psychophobia | Mind |
| Pteronophobia | Feathers or being tickled by feathers |
| Pupaphobia | Puppets |
| R | |
| Radiophobia | Radiation or X-rays |
| Radiophobia | X-rays or radiation |
| Rectophobia | Disease, rectal |
| Rhabdophobia | Beaten by a rod or instrument of punishment, or of being severely criticized |
| Rhabdophobia | Criticized severely, or beaten by rod or instrument of punishment |
| Rhabdophobia | Punishment by a rod or other instrument, or of being severely criticized |
| Rhyphobia | Filth or dirt |
| Rhyphobia or rupophobia | Dirt or filth |
| Rhytophobia | Wrinkles, getting |
| Russophobia | Russians |
| S | |
| Samhainophobia | Halloween |
| Satanophobia | Satan |
| Scabiophobia | Scabies |
| Scelerophobia | Burglars, or being harmed by wicked persons |
| Scelerophobia | Harmed by wicked persons; bad men or burglars |
| Scelerophobia | Men, bad or burglars or being harmed by wicked persons |

List of Phobias by Alphabet

Fears

| | |
|--------------------------------|--|
| Sciophobia or sciaphobia | Shadows |
| Scoleciphobia | Worms |
| Scolionophobia | School |
| Scopophobia or scoptophobia | Self, being seen or looked at |
| Scotomaphobia | Blindness in a visual field |
| Scriptophobia | Writing in public |
| Selaphobia | Light flashes |
| Selenophobia | Moon |
| Seplophobia | Decaying matter |
| Seplophobia | Matter, decaying |
| Siderodromophobia | Railroads or train travel |
| Siderodromophobia | Trains, railroads or train travel |
| Siderophobia or astrophobia | Stars |
| Sinistrophobia | Left-handed; objects at the left side of the body |
| Sinophobia | Chinese or Chinese culture |
| Sitophobia or sitiophobia | Eating or food |
| Sitophobia or sitiophobia | Food or eating |
| Soceraphobia | Parents-in-law |
| Social Phobia | Social (fear of being evaluated negatively in social situations) |
| Sociophobia | People in general or society |
| Somniphobia | Sleep |
| Sophophobia | Learning |
| Soteriophobia | Dependence on others |
| Soteriophobia | Others, dependence on |
| Spacephobia | Outer space |
| Spacephobia | Space, outer |
| Spectrophobia | Ghosts or specters |
| Spectrophobia | Specters or ghosts |
| Spermatophobia or spermophobia | Semen |
| Spheksophobia | Wasps |
| Stasibasiphobia | Standing up and walking |

List of Phobias by Alphabet

Fears

| | |
|----------------------------|--|
| Stasiphobia | Standing up |
| Staurophobia | Crosses or the crucifix |
| Staurophobia | Crucifix, the or crosses |
| Stenophobia | Narrow things or places |
| Stenophobia | Places or things, narrow |
| Stenophobia | Things or places, narrow |
| Symbolophobia | Symbolism |
| Syngenesophobia | Relatives |
| T | |
| Tachophobia | Speed |
| Taeniophobia | Tapeworms |
| Taphephobia or taphophobia | Buried alive, being or cemeteries |
| Taphephobia or taphophobia | Cemeteries or being buried alive |
| Tapinophobia | Objects, small |
| Taurophobia | Bulls |
| Technophobia | Technology |
| Teleophobia | Ceremonies, religious |
| Teleophobia | Religious ceremonies |
| Teratophobia | Child, bearing a deformed; deformed people |
| Teratophobia | Deformed people or bearing a deformed child |
| Teratophobia | People, deformed or bearing a deformed child |
| Testophobia | Tests, taking |
| Tetanophobia | Lockjaw or tetanus |
| Tetanophobia | Tetanus or lockjaw |
| Textophobia | Fabrics, certain |
| Thalassophobia | Ocean or sea |
| Thalassophobia | Sea or ocean |
| Thanatophobia | Death or dying |
| Thanatophobia | Dying or death |

List of Phobias by Alphabet

Fears

| | |
|---|--------------------------|
| Theatrophobia | Theaters |
| Theologicophobia | Theology |
| Theophobia | Gods or religion |
| Theophobia | Religion or gods |
| Thermophobia | Heat |
| Tomophobia | Operation, surgical |
| Tomophobia | Surgical operations |
| Topophobia | Places, certain |
| Topophobia | Situations, certain |
| Topophobia | Stage fright |
| Toxiphobia, toxophobia, or toxicophobia | Poisoned, being |
| Traumatophobia | Injury |
| Trichinophobia | Trichinosis |
| Triskadekaphobia | Number 13 |
| Tropophobia | Moving or making changes |
| Tropophobia or metathesiophobia | Changes, making; moving |
| Trypanophobia | Injections |
| Tremophobia | Trembling |
| Tyrannophobia | Tyrants |
| U | |
| Urophobia | Urine or urinating |
| V | |
| Vaccinophobia | Vaccination |
| Verminophobia | Germes |
| Vestiphobia | Clothing |
| Virginitiphobia | Rape |
| Vitricophobia | Stepfather |
| W | |
| Wiccaphobia | Witches and witchcraft |
| X | |
| Xanthophobia | Color yellow |

List of Phobias by Alphabet**Fears**

| | |
|--------------|---------------------------|
| Xanthophobia | Yellow color |
| Xenophobia | Foreigners or strangers |
| Xenophobia | Strangers or foreigners |
| Xerophobia | Dryness |
| Xylophobia | Forests or wooden objects |
| Xylophobia | Wooden objects or forests |
| Z | |
| Zelophobia | Jealousy |
| Zemmiphobia | Rat, great mole |
| Zeusophobia | God or gods |
| Zoophobia | Animals |