

# PHOBIAS

A phobia is a thought of coming into contact with your feared object, place or situation, or actual contact with this, can lead to **panic**.

**Panic can create real physical symptoms** that include:

- shaking,
- feeling confused or disorientated,
- rapid heart beat,
- dry mouth,
- intense sweating,
- difficulty breathing,
- feeling sick (nausea),
- dizziness, and
- chest pain.

In extreme cases, especially if you have a complex phobia, you may experience the above symptoms as well as:

- a fear of losing control,
- a fear of fainting, or
- a fear of dying.

The symptoms of social phobias are very similar to panic but also include blushing, trembling or an urgent need to visit the toilet. The most common factor of a phobia is the need to avoid the feared object, place or situation at all costs. This may mean that your daily activities are limited and can lead to **depression** or **anxiety** that may lead to **panic attacks**.