

# Tips to discuss fears and phobias in English

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A fact known to us as human beings is that there are plenty of things out there to be afraid about. So, what are you afraid about? Well, if you're not afraid of anything, you're the lucky one. Nonetheless, there are numerous people out there who have phobias and fears, and yet are unable to describe it due to a lack in their [communication skills](#). Here is an article that will help such individuals learn as to how they can talk about their fears in simple English.



## What is a phobia?

The word 'phobia' was taken from the Greek language and its raw translation in the English language is 'fear'.

Below-mentioned is a list of some of the common phobias along with their technical name. Read, learn and improve your [English communication skills](#) today.

## Technical Terms For Common Phobias:

1. Arachnophobia: Fear of spiders
2. Acrophobia: Fear of heights
3. Aviophobia: Fear of flying
4. Claustrophobia: Fear of confined and small places
5. Nyctophobia: Fear of the dark



## How to express your fear or phobias in Basic English?

You need to understand that to describe your fear about something, you can make use of certain idioms. The examples mentioned below will give you a better idea about the same.

**Example 1:** I am scared to death of dogs.

**Example 2:** Rachel actually gets goose bumps when she thinks of heights.

**Example 3:** The ghost he described to me brought chills down my spine.

as well. Try making use of the few mentioned above as and when you are faced with a situation when you need to describe your fears or talk about the phobias you have. Also, if you still aren't confident enough to discuss your fears with your folks, practice the [use of the idioms](#) time and again. This will help you focus and eventually give you a hang of how to go about it.



Lastly, understand the fact that everyone has their own set of fears; however, that should not restrict you or your life. Also remember, the worst fear is the fear of self-limiting yourself. This fear means you tend to hold back from trying new things or taking up new opportunities. You wouldn't realize you have the fear until you think deeply. Hence, keep away from this fear and open up to new horizons by [learning English](#) rather than pondering over whether you take up learning a new, unfamiliar language or not. In addition, we understand that it is easier to say 'just do it' than to muster the courage to actually do it and hence, taking up some professional help to learn a new language is a great way to begin with.

All the best in your language learning journey!

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**- By Chander Madan**

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