

# PHOBIAS DISCUSSION

## STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What images spring to mind when you hear the word 'phobia'?
- 2) Do you have any phobias?
- 3) How can someone confront and overcome a phobia?
- 4) Are all phobias irrational?
- 5) How do phobias develop?
- 6) *Arachibutyrophobia* is the fear of peanut butter sticking to your mouth. Do you know of any other crazy phobias?
- 7) Do you know anyone who suffers from vertigo – a fear of heights?
- 8) What do you think *eremophobia* - the fear of oneself – is like?
- 9) Are people in your country xenophobic (they fear or hate foreigners)?
- 10) Can you guess what these phobias are – hydrophobia, zoophobia, sociophobia and numerophobia? What would life be like with these? (Answers: fear of water, animals, society and numbers.)

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# PHOBIAS DISCUSSION

## STUDENT B's QUESTIONS (Do not show these to student A)

- 1) What is a phobia?
- 2) What's the difference between a phobia and a fear?
- 3) Gary Larson, a famous cartoonist, invented *Anatidaephobia* - the fear that somewhere, somehow, a duck is watching you. Can you understand this phobia? Can you invent your own crazy phobia?
- 4) Do you know anyone with haemophobia – a fear of blood?
- 5) Do you think people are developing new phobias?
- 6) What do you think would be the worst phobia to suffer from?
- 7) Charlie Brown said: "I've developed a new philosophy... I only dread one day at a time." Do you also do this?
- 8) Do you, or anyone you know, suffer from Anglophobia – a fear of English and English people? How would this affect your studying?
- 9) Do you think hypnotherapy can cure phobias?
- 10) Someone once said: "Get the facts first. Then panic." Is this good advice?

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