If you have a phobia, it means that you are very frightened of something. I don’t mean something boring, like a maths test, or getting a spot on your chin … or even a trip to the dentist.

Some phobias seem very strange – from fish to buttons, teapots, fleas, clouds, bees, peaches and cream cakes – all of them have been reasons for phobias.

You may get panic attacks when you have to face the subject of your phobia.

This means that:

- your heart beats very fast
- you can’t breathe easily
- you feel sick
- your mouth feels dry.

And phobias can get in the way – if you are frightened of travelling by plane, you may be spending all your holidays in sunny Wigan!
Some phobias:

**Jin**

'I am frightened of spiders – such hairy legs! I can't take a spider out of the bath. I can't look at a photo of a spider - I can't even think about spiders!"

**Roy**

'I have a phobia about peanut butter. As soon as I see that jar, I start to feel sick. When I was little, my dad made me eat 10 peanut butter sandwiches and I think that started the phobia."

**Jane**

'I hate the number 13. I have lots of bad dreams about it. I will be 13 soon, and I can't face the birthday cards. Lots of number 13s on the windowsill!"