



# Phobias List

## Introduction

This resource is intended as a glossary for common and not-so-common phobias. As human beings, most of us are afraid of something. This is part of what makes us complex and unique. What is your character afraid of? Could this be the focus of a story?

### A

- Ablutophobia: Fear of bathing
- Achluophobia: Fear of darkness
- Acousticophobia: Fear of noise
- Acrophobia: Fear of heights
- Aerophobia: Fear of flying
- Agoraphobia: Fear of open spaces or crowds
- Agyrophobia: Fear of crossing streets
- Aichmophobia: Fear of needles or pointed objects
- Ailurophobia: Fear of cats
- Alektorophobia: Fear of hens or chickens
- Algophobia: Fear of pain
- Amaxophobia: Fear of riding in a car
- Ambulophobia: Fear of walking
- Anatidaephobia: Fear of ducks watching you
- Ancraophobia: Fear of wind
- Androphobia: Fear of men
- Anemophobia: Fear of air
- Anginophobia: Fear of angina or choking

Angrophobia: Fear of anger  
Anthrophobia: Fear of flowers  
Anthropophobia: Fear of people or society  
Antlophobia: Fear of flooding  
Apeirophobia: Fear of infinity  
Aphenphosmophobia: Fear of being touched  
Apiphobia: Fear of bees  
Apotemnophobia: Fear of amputees  
Aquaphobia: Fear of water  
Arachibutyrophobia: Fear of peanut butter  
Arachnophobia: Fear of spiders  
Arithmophobia: Fear of numbers  
Astraphobia: Fear of thunder and lightning  
Astrophobia: Fear of outer space  
Ataxophobia: Fear of disorder or untidiness  
Atelophobia: Fear of imperfection  
Atychiphobia: Fear of failure  
Automatonophobia: Fear of human-like figures  
Autophobia: Fear of being alone

## **B**

Bacteriophobia: Fear of bacteria  
Barophobia: Fear of gravity  
Basophobia: Fear of failing  
Bathmophobia: Fear of stairs or steep slopes  
Batrachophobia: Fear of amphibians  
Belonephobia: Fear of pins and needles  
Bibliophobia: Fear of books  
Botanophobia: Fear of plants

## **C**

Cacophobia: Fear of ugliness  
Carcinophobia: Fear of cancer  
Catagelophobia: Fear of being ridiculed

Catoptrophobia: Fear of mirrors  
Chemophobia: Fear of chemicals  
Cherophobia: Fear of happiness  
Chionophobia: Fear of snow  
Chiroptophobia: Fear of bats  
Chrometophobia: Fear of spending money  
Chromophobia: Fear of colours  
Chronomentrophobia: Fear of clocks  
Chronophobia: Fear of time  
Cibophobia: Fear of food  
Claustrophobia: Fear of confined spaces  
Climacophobia: Fear of climbing  
Coimetrophobia: Fear of cemeteries  
Coprophobia: Fear of faeces or defecation  
Coulrophobia: Fear of clowns  
Cyberphobia: Fear of computers  
Cynophobia: Fear of dogs

## **D**

Daemonophobia: Fear of demons  
Decidophobia: Fear of making decisions  
Dendrophobia: Fear of trees  
Dentophobia: Fear of dentists  
Diagraphophobia: Fear of losing your computer data  
Domatophobia: Fear of houses  
Dystychiphobia: Fear of accidents

## **E**

Ecophobia: Fear of the home  
Eisoptrophobia: Fear of mirrors  
Elurophobia: Fear of cats  
Emetophobia: Fear of vomiting  
Enochlophobia: Fear of crowds  
Entomophobia: Fear of insects

Ephebiphobia: Fear of teenagers

Equinophobia: Fear of horses

Ergophobia: Fear of work

Erotophobia: Fear of sex

Erythrophobia: Fear of the colour red

## **F**

Frigophobia: Fear of becoming too cold

## **G**

Gamophobia: Fear of marriage

Gelotophobia: Fear of being laughed at

Genophobia: Fear of sex

Genuphobia: Fear of knees

Gephyrophobia: Fear of bridges

Gerascophobia: Fear of growing old

Globophobia: Fear of balloons

Glossophobia: Fear of speaking in public

Gymnophobia: Fear of nudity

Gynophobia: Fear of women

## **H**

Halitophobia: Fear of bad breath

Haphephobia: Fear of touch

Hedonophobia: Fear of obtaining pleasure

Heliophobia: Fear of the sun

Helminthophobia: Fear of worms

Hemophobia: Fear of blood

Heptadekaphobia: Fear of the number 17

Herpetophobia: Fear of reptiles

Hexakosioihexekontahexaphobia: Fear of the number 666

Hippophobia: Fear of horses

Hippopotomonstrosesquipedaliophobia: Fear of long words

Hodophobia: Fear of travel

Hydrophobia: Fear of water

Hypnophobia: Fear of sleep or nightmares

Hypochondria: Fear of illness

## **I**

Iatrophobia: Fear of doctors

Ichthyophobia: Fear of fish

Insectophobia: Fear of insects

## **K**

Koinoniphobia: Fear of rooms

Koumpounophobia: Fear of buttons

## **L**

Lepidopterophobia: Fear of butterflies

Leukophobia: Fear of the colour white

Lilapsophobia: Fear of tornadoes and hurricanes

Lockiophobia: Fear of childbirth

## **M**

Mageirocophobia: Fear of cooking

Masklophobia: Fear of people in masks

Megalophobia: Fear of large things

Melanophobia: Fear of the colour black

Melissophobia: Fear of bees

Microphobia: Fear of small things

Monophobia: Fear of yourself

Musophobia: Fear of mice or rats

Mycophobia: Fear of mushrooms

Myrmecophobia: Fear of ants

Mysophobia: Fear of dirt and germs

## **N**

Necrophobia: Fear of death or dead things

Neophobia: Fear of newness, novelty or change  
Noctiphobia: Fear of the night  
Nomophobia: Fear of being without your mobile phone  
Nosocomephobia: Fear of hospitals  
Nosophobia: Fear of contracting an illness  
Nostophobia: Fear of returning home  
Nyctophobia: Fear of the dark

## **O**

Obesophobia: Fear of gaining weight  
Octophobia: Fear of the figure 8  
Oikophobia: Fear of household appliances  
Ombrophobia: Fear of rain  
Ommetaphobia: Fear of eyes  
Oneirophobia: Fear of dreams  
Ophidiophobia: Fear of snakes  
Ophthalmophobia: Fear of being stared at  
Ornithophobia: Fear of birds  
Osmophobia: Fear of smells  
Ostracophobia: Fear of shellfish

## **P**

Panphobia: Fear of everything  
Papyrophobia: Fear of paper  
Pathophobia: Fear of disease  
Pedophobia: Fear of children  
Phagophobia: Fear of swallowing  
Pharmacophobia: Fear of medications  
Phasmophobia: Fear of ghosts  
Philematophobia: Fear of kissing  
Philophobia: Fear of love  
Phobophobia: Fear of phobias  
Phonophobia: Fear of loud noises  
Phyllophobia: Fear of leaves

Plutophobia: Fear of money

Pluviophobia: Fear of rain and storms

Podophobia: Fear of feet

Pogonophobia: Fear of beards

Porphyrophobia: Fear of the colour purple

Pteridophobia: Fear of ferns

Pteromerhanophobia: Fear of flying

Pyrophobia: Fear of fire

## **R**

Radiophobia: Fear of radioactivity or X-rays

Ranidaphobia: Fear of frogs

## **S**

Samhainophobia: Fear of Halloween

Scolionophobia: Fear of school

Scopophobia: Fear of being stared at

Scotophobia: Fear of being stared at

Selenophobia: Fear of the moon

Sexophobia: Fear of sex

Siderodromophobia: Fear of trains

Sociophobia: Fear of social evaluation

Somniphobia: Fear of sleep

Spectrophobia: Fear of mirrors

Spheksophobia: Fear of wasps, a zoophobia

Stasiphobia: Fear of standing or walking

## **T**

Tachophobia: Fear of speed

Taphophobia: Fear of graves

Technophobia: Fear of technology

Teratophobia: Fear of giving birth to a monster

Tetraphobia: Fear of the number 4

Thalassophobia: Fear of the ocean

Thanatophobia: Fear of dying

Thermophobia: Fear of hot weather

Trichophobia: Fear of hair

Tokophobia: Fear of pregnancy

Tonitrophobia: Fear of thunder

Toxiphobia: Fear of being poisoned

Triskaidekaphobia: Fear of the number 13

Trypanophobia: Fear of needles/injections

Trypophobia: Fear of holes

## **V**

Vehophobia: Fear of driving

Venustraphobia: Fear of beautiful women

Verminophobia: Fear of germs

## **W**

Wiccaphobia: Fear of witches and witchcraft

## **X**

Xanthophobia: Fear of the colour yellow

Xenophobia: Fear of strangers or foreigners

## **Z**

Zoophobia: Fear of animals

Zuigerphobia: Fear of vacuum cleaners





# ENDNOTE

## Bio:

This resource has been created by Matt Kendrick. Matt is a writer, editor and teacher based in the East Midlands, UK. His short fiction has been widely published both online and in print. He has been placed or listed in various writing competitions including Bath, Flash 500, the Oxford Flash Fiction Prize, Reflex and Leicester Writes. His work has been included on the Biffy 50 list for 2019-20, in Best Microfiction 2021, Best Small Fictions 2022 and the Wigleaf Top 50 list for 2022. He has also been nominated for Best of the Net and the Pushcart Prize.

## Other Resources:

For links to other free resources, please visit my website: <https://www.mattkendrick.co.uk/resources>

## Services and Courses:

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*\*Any money donated to my [Ko-fi page](#) will be used to fund free and reduced-price places for my Write Beyond The Lightbulb courses, as well as to provide free editing and mentoring opportunities for low-income writers, and to support other opportunities that seek to level the playing field.*