

Specific Phobia Symptoms

UNDERSTANDING THE PATTERN

A specific phobia is an intense fear linked to a particular object or situation. The response can feel immediate, physical and difficult to control.

In the body

Racing heart, trembling, breathlessness, dizziness, nausea, sweating, tightness, urgency or feeling faint.

In the mind

Catastrophic images, fear of losing control, overestimating danger and underestimating the ability to cope.

In behaviour

Avoiding, escaping, checking, reassurance seeking, freezing, delaying or arranging life around the feared trigger.

When to seek help

If fear is persistent, causes significant distress or restricts health, relationships, work, travel or everyday choice.

Notice your own pattern

My trigger:

What my body does:

What my mind predicts:

How I respond:

What support may help:

How to use this page

Read it once without pressure. Complete only the prompt that feels most useful today. Look for a link between the situation, what your mind or body expected, what you did next and what support could make a different response possible.

My next supported step

Use this resource at your own pace. Seek qualified or medical support where withdrawal, physical symptoms, significant risk or severe restriction of daily life may be present.