

Types of Specific Phobias

UNDERSTANDING THE PATTERN

Phobias can focus on many different triggers. Categories are useful for understanding, but each person's experience remains individual.

Animals and natural environment

Dogs, spiders, birds, insects, heights, deep water, darkness, storms or other natural events.

Blood, injury and medical care

Blood tests, injections, dental care, wounds, hospitals or procedures. Fainting responses may require applied-tension guidance.

Situational fears

Flying, driving, lifts, tunnels, bridges, enclosed rooms, public speaking or particular forms of transport.

Other specific fears

Choking, vomiting, loud sounds, costumed characters or any focused trigger that causes persistent distress and avoidance.

Notice your own pattern

My fear category:

The exact trigger:

A harder version:

A more manageable version:

Important safety / access need:

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.