

## Phobias

### 恐惧症

#### Do you have a phobia?

#### 你有恐惧症吗？

This is what some people in London told us:

*Woman 1: Snakes. I have a fear of snakes.*

*Woman 2: I just don't like them. I know they aren't particularly dangerous but I just don't like the way they move and I know they are not slimy but I just do not like them at all.*

*Man 1: Spiders. Pretty much just spiders. No other bugs – not flies, not cockroaches. Just spiders. It's really quite irritating.*

*Man 2: I'm afraid of dogs and it's all my mum's fault. When we were little and we'd be walking down the street there'd be a dog coming towards us and we'd cross the street so from a very young age I've always grown up with like dogs being some sort of scary thing.*

*Man 3: I'm afraid of heights. This is my secret. I really can't stand being in tall buildings. It's kind of weird but this is my phobia.*

#### Did you know...? 你知道吗...?

##### Fact

Phobias are the most common type of anxiety disorder. In the UK, an estimated 10 million people have phobias. Phobias can affect anyone, regardless of age, sex and social background.

##### Language tip

'Claustrophobia' is the name given to people who feel anxious when trapped in an enclosed space.

##### Cultural tip

A 2003 study by a Cambridge University academic and finance group Egg found that one in five Britons suffers from financial phobia, a condition rendering them unable to handle their personal finances.

Here is the webpage for this programme:

[www.bbc.co.uk/ukchina/simp/elt/ask\\_about\\_britain/120110\\_ee\\_51\\_phobias\\_story.shtml](http://www.bbc.co.uk/ukchina/simp/elt/ask_about_britain/120110_ee_51_phobias_story.shtml)