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a phobia is a type of anxiety disorder it is an extreme form of fear or anxiety triggered by a particular situation or object a situation that triggers a phobia you may know it s safe to be out on a balcony in a high rise block but feel terrified to go out on it you might not even be able to

phobia harvard health

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a person with a phobia either tries to avoid the thing that triggers the fear or endures it with great anxiety and distress some phobias are very specific and limited for example a person may fear only spiders arachnophobia or cats ailurophobia

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