

Diccionario de fobias

La palabra **fobia** derivada de *Fobos* (en griego antiguo 'pánico', que era la personificación del "Tener miedo" en la mitología griega, hijo de Ares y Afrodita) y es un trastorno de salud emocional que se caracteriza por *tener miedo* intenso y desproporcionado ante objetos o situaciones concretas como, por ejemplo, a los insectos (entomofobia) o a los lugares cerrados (claustrofobia). También se suele catalogar como fobia a un sentimiento de odio, disgusto, desaprobación, discriminación o rechazo contra algo, que puede ser una actitud basada en prejuicios como, por ejemplo, el caso específico de la xenofobia (el rechazo hacia las personas extranjeras).

Es posible que un individuo desarrolle una fobia sobre virtualmente cualquier cosa. Si bien no es un trastorno de salud emocional, sí genera muchos problemas emocionales, sociales y políticos.

A

Ablutofobia: Tener miedo a lavarse o a bañarse.

Acarofobia: Del griego *akari*, ácaro; es el miedo irracional a los ácaros, la picadura de los insectos y a los insectos que pican.

Acerofobia: Tener miedo a los ácidos.

Acluofobia: Tener miedo a la oscuridad.

Acrofobia: Tener miedo a las alturas (no confundir con Vértigo).

Acusticofobia: Tener miedo a los ruidos.

Aeroacrofobia: Tener miedo a los lugares abiertos y altos.

Aerofobia o aviatofobia: Tener miedo a volar con aviones.

Afenfosfobia o hafefobia: Tener miedo a ser tocado, por la posible contaminación o la invasión del espacio privado.

Agateofobia, dementofobia o maniafobia: Tener miedo a la locura o a volverse loco.

Agiofobia: Tener miedo a cruzar la calle por temor a ser atropellado.

Agliofobia: Tener miedo a experimentar alguna clase de dolor.

Agorafobia: Tener miedo a lugares abiertos, a los cerrados con multitudes y en general a cualquiera del que la persona considere que no es posible huir de él de forma inmediata, para volver a un lugar "seguro" como puede ser el hogar.

Agrafobia: Tener miedo un posible abuso sexual.

Agrizoofobia: Tener miedo a los animales salvajes.

Alcmofobia: Tener miedo a los objetos puntiagudos como las agujas u otros.

Allurofobia: Tener miedo a encontrarse frente a un gato.

Albuminurofobia: Tener miedo a tener alguna enfermedad renal.

Alectrofobia: Tener miedo a los gallos, gallinas y aves de corral en general.

Algofobia o agliofobia: Tener miedo a experimentar alguna clase de dolor.

Alliumfobia: Tener miedo a los ajos.

Allodoxafobia: Tener miedo a emitir una opinión propia.

Altofobia: Tener miedo a las alturas.

Amathofobia: Tener miedo al polvo que se acumula.

Amazofobia: Tener miedo a los vehículos, sobretodo a conducirlos y circular con ellos.

Ambulofobia o estasifobia: Tener miedo a caminar o permanecer de pie.

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Liyong Dong



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web oct 5 2022 start in a plank position or lower your knees if you re still building up your strength perform 4 push ups with abs in and spine neutral on the fifth pushup lower halfway down and hold for 4 counts push back up and repeat the series 4 regular pushups and 1 halfway down five or more times for up to 2 minutes

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