

FEAR

VERSUS

PHOBIA

Fear is a common emotion experienced by everyone

Phobia is an anxiety disorder, which is diagnosed in some people.

It is vital for survival and is triggered by real danger.

It impairs of functioning and is caused by perceived threats.

Characterised by nervousness, anxiety, discomfort, and distress.

It can cause shortness of breath, nausea, vomiting, dizziness, diarrhoea, or even panic attacks.

Does not need medical intervention.

Needs medical help and therapeutic treatment.

Anxiety And Phobias

Ensheng Dong



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