

# FACE YOUR FEARS

## TRIVIA

### Test your knowledge of phobias

#### Game set-up:

1. Print and cut out the clue cards.
2. No printer? Read the clues from a screen—how you pick which card to use is up to you!

#### How to play:

1. This game can be played with any number of players.
2. If you're using printed clue cards, shuffle or mix them up.
3. The person selecting and reading the clue card is the **Trivia Master**.

If you're playing with more than two players, decide whether all players will have a chance to serve as the Trivia Master, rotating the responsibility with each card selected. Also, decide whether players guess at the same time or if only one player guesses per clue card. There are lots of variations—play your way!

#### How to play (continued):

4. The Trivia Master reads the clue card. The opposing player has 30 seconds to correctly identify the answer, which is in **bold** on the clue card. Players receive 1 point for each correct answer.
5. The player with the highest score wins the game.
6. The game ends when you run out of clue cards.

#### The difference between fears and phobias

What scares you? Spiders? Heights? Needles? It's natural to feel afraid at times. In fact, **fear** is a survival mechanism and helps keep us safe from danger. When we feel unsafe or afraid, our brains tell our bodies to prepare with a "fight or flight" response by increasing our heart rate, blood pressure and sweat production.

Sometimes people have extreme fears. This kind of fear is called a **phobia**—an irrational and uncontrollable fear of an object or a situation. People with phobias often try to avoid what they consider to be dangerous because their fear is so strong. Extreme fears can keep people from doing things they'd like to do, which is why phobias are considered to be anxiety disorders.

#### The root (words) of phobias

The phobias listed in this game are technical terms used in psychiatry. Each is comprised of two root words. For example, let's look at **ludophobia**. This word comes from **ludos** (Latin for "game") and **phobia** (Greek for "fear"), making ludophobia the fear of playing games. Keep the building blocks of words in mind as you play this game. All of the fears end in "phobia," so focus on the first root word to help you guess the correct answer. Does it give you a clue? Have you heard this root word before? Don't limit yourself to English—French, Spanish, Italian and Greek can be particularly helpful!



# FACE YOUR FEARS TRIVIA CARDS

## LIMNOPHOBIA

[lim-nuh-phobia]  
is the fear of

- ① Trees
- ② **Lakes**
- ③ Fields
- ④ Hills

## IATRAPHOBIA

[eye-at-ruh-phobia]  
is the fear of

- ① Engineers
- ② Accountants
- ③ **Doctors**
- ④ Lawyers

## MYSOPHOBIA

[my-suh-phobia]  
is the fear of

- ① Beards and mustaches
- ② Elevators and escalators
- ③ Earbuds and headphones
- ④ **Germ and bacteria**

## VACCINOPHOBIA

[vak-sin-uh-phobia]  
is the fear of

- ① Needles
- ② **Vaccinations**
- ③ Bandages
- ④ Stitches

## NOSOCOMEPHOBIA

[no-suh-koh-muh-phobia]  
is the fear of

- ① Libraries
- ② Schools
- ③ **Hospitals**
- ④ Police stations

## OPHIDIOPHOBIA

[o-fid-ee-o-phobia]  
is the fear of

- ① **Snakes**
- ② Eels
- ③ Turtles
- ④ Snails

## ORNITHOPHOBIA

[or-nith-o-phobia]  
is the fear of

- ① Reptiles
- ② Mammals
- ③ Amphibians
- ④ **Birds**

## CYNOPHOBIA

[sigh-nuh-phobia]  
is the fear of

- ① Cats
- ② **Dogs**
- ③ Hamsters
- ④ Rabbits

## ENTOMOPHOBIA

[en-tuh-muh-phobia]  
is the fear of

- ① Rodents
- ② **Bugs and insects**
- ③ Bats
- ④ Snakes and slithery creatures

## MUSOPHOBIA

[moose-uh-phobia]  
is the fear of

- ① Bears
- ② Moose
- ③ Chipmunks
- ④ **Mice**

## PHASMOPHOBIA

[faz-muh-phobia]  
is the fear of

- ① Ghouls
- ② Werewolves
- ③ **Ghosts**
- ④ Zombies

## ACROPHOBIA

[ack-ruh-phobia]  
is the fear of

- ① Depths
- ② Enclosed spaces
- ③ Open spaces
- ④ **Heights**

# FACE YOUR FEARS TRIVIA CARDS

## COULROPHOBIA

[cool-ro-phobia]  
is the fear of

- ① Ice cubes
- ② Acrobats
- ③ Air conditioning
- ④ **Clowns**

## NOMOPHOBIA

[no-mo-phobia]  
is the fear of

- ① Losing one's wallet
- ② **Being without a mobile device**
- ③ Locking oneself out of the house
- ④ Having an earworm

## TRISKAIDEKAPHOBIA

[trisk-eye-deck-ah-phobia]  
is the fear of

- ① The number 3
- ② **The number 13**
- ③ The number 30
- ④ The number 33

## DISPOSOPHOBIA

[dis-pose-uh-phobia]  
is the fear of

- ① Receiving things
- ② **Losing things**
- ③ Buying things
- ④ Breaking things

## SANGUIVORIPHOBIA

[sang-wih-vore-ih-phobia]  
is the fear of

- ① Ghosts
- ② Zombies
- ③ **Vampires**
- ④ Demons

## ARACHNOPHOBIA

[a-rack-nuh-phobia]  
is the fear of

- ① Snakes
- ② **Spiders**
- ③ Squirrels
- ④ Squid

## KINEMORTOPHOBIA

[kinn-o-mort-o-phobia]  
is the fear of

- ① Ghosts
- ② **Zombies**
- ③ Vampires
- ④ Demons

## BRONTOPHOBIA

[bron-tuh-phobia]  
is the fear of

- ① Dinosaurs
- ② Fireworks
- ③ **Thunder**
- ④ Rollercoasters

## AQUAPHOBIA

[ak-wuh-phobia]  
is the fear of

- ① Aquariums
- ② **Water**
- ③ Lawn sprinklers
- ④ Seafood

## THALASSOPHOBIA

[tha-lass-uh-phobia]  
is the fear of

- ① Spas and steam baths
- ② Submarines
- ③ **Deep bodies of water**
- ④ Scuba diving

## GALEOPHOBIA

[gal-ee-uh-phobia]  
is the fear of

- ① **Sharks**
- ② Whales
- ③ Sea otters
- ④ Dolphins

## ICHTHYOPHOBIA

[ick-thee-uh-phobia]  
is the fear of

- ① Reptiles
- ② Birds
- ③ Amphibians
- ④ **Fish**