

Informative speech:
informs people about
phobias such as
aerophobia, and
coaster ...



**ASSIGN
BUSTER**

My heart starts to race. It feels like its going to explode. My throat closes and I'm having trouble breathing. My palms are sweating now, and my head is dizzy. I feel like I might fall, I want to run, but I don't know where... This reaction is a way to describe what people feel when they are suffering from a phobia. A phobia is an intense, ridiculous amount of fear of something or a situation that is far from what really could happen. Phobias affect people of all ages.

The National Institute of Mental Health has stated that 5. %-12. 5% of all American's encounter some sort of phobia. They are the most common psychiatric illness among women of all ages and men over 25. When someone has a phobia, they start to feel panic, dread, or anxious when they are near what they are afraid of and they feel relieved when they avoid it. There is a phobia for just about everything. But, mental health professionals group them into three categories. Specific, social and agora. The two phobias I am going to discuss are all specific phobias.

Specific phobias are simple and the most common. More of us are traveling by plane these days, but that doesn't mean we'll enjoy the trip. " A United airlines jumbo jet hit massive air turbulence over the pacific, killing one woman and injuring 102 people. " A news report like this can be all it takes to have the fear to fly. One of the most common phobias in the world is fear of flying. Aerophobics mainly worry that the plane could crash, and they might die. US airs fearful flyer program is a great way to overcome aerophobia.