

# Reading Module 8

Traveller  
intermediate B1

Read the texts and write C for Carrie, J for John, D for Daniel, or N for none.



## WACKY PHOBIAS!

We asked and you responded: tell us your strangest phobias! We know a lot of people are afraid of heights or closed spaces, but what are some really weird things to be afraid of?



### Carrie – Selachophobia

Ever since I was little I have been afraid of sharks. I know that a lot of people are afraid of sharks, and that's not a strange phobia, but I am actually just afraid of pictures of sharks. I can't open a National Geographic or any other wildlife magazine without getting nervous. It's even worse when the shark has its mouth open in the picture. I feel like the shark can still bite me. One time, while I was reading a magazine in the library, I turned the page and there was a big picture of a shark! The worst part is that when my hand turned the page, my fingers were actually touching the picture. I screamed and threw the magazine across the room. Everybody laughed and I was really embarrassed. Oddly enough, sharks in aquariums or zoos don't bother me at all.

### John - Koumpounophobia

I am absolutely terrified of buttons. I don't mind wooden buttons or something like that, it's the plastic ones I can't stand. Unfortunately, most of the buttons out there are made of plastic. I can't look at them, I hate touching them, I don't even like talking about them! Most people think it's really hard to live without buttons, but it's actually not. I dress quite casually anyway, so I just wear T-shirts and stuff. It used to really upset me as a child, watching my grandma sew a button on a shirt. She would always hold it in her mouth, as she was getting ready to sew it on. That used to drive me crazy! I thought it was the most disgusting thing in the world! The worst is when I see a button that has a little bit of the thread that's loose and hanging down. That makes me want to run out of the room!



### Daniel - Oneirophobia

Have you ever known anyone who was afraid to go to sleep? Well, now you have! That's a little misleading though, as I'm not actually afraid of sleeping, I'm afraid of dreaming. It's not like I'm afraid of nightmares or something, I just don't like the idea of dreaming at all. It feels like you completely lose control of your own mind when you're dreaming, and I don't like that, even if it's a good dream.



1. My phobia is food-related.
2. I've visited a therapist to help me deal with my phobia.
3. My phobia influences what I wear.
4. My phobia made me feel very uncomfortable once.
5. I have tried to cure my phobia.
6. I've had a couple of accidents because of my phobia.

  
  
  
  
  


Usually, when I go to bed and I feel myself starting to fall asleep, I get a panic attack, and my heart starts racing. Sometimes I even feel like I will be sick! It is a serious problem, because it's very unhealthy to go without sleep. I've tried everything to make myself really tired when I try to sleep, drinking warm milk, herbal sleeping aids, even therapy! A friend suggested hypnotherapy, so I think I will try that. I really do want to sleep, it's just impossible.