

# Character Phobias Brainstorming List

By Jill Williamson

abandoned	elderly	moths
airplanes, birds overhead	elevators	needles or pointed objects
beards (facial hair)	enclosed spaces	noises
bees	endings	nudity
being alone	everything	oceans/lakes
being embarrassed	failure	old age (getting old)
being looked at	falling	open closets/doors
being poor	fear	outside
being tortured	fear of a certain number	pain
being touched	feet	police officers
big crowds	fire	raw food
birds	fish	rejection
blood	flying	relationships
bridges	food someone else made	riding in vehicles
bombs	forests	rollercoasters
cats	frogs	saying goodbye
cell phones	frying pans	scary movies
cemeteries	germs	seafood
changes	getting arrested	shadows
children	getting fat	sharks
clocks	ghosts	sickness
closets	going to sleep (never waking)	snakes
clowns	guns/weapons	speaking in public
colors (a certain one)	heights	spiders
commitment	hospitals	stairs
conspiracies	household appliances	staying single
crossing roads	intimacy	strangers
dark	ladders	sunlight
death of a loved one	leadership	thunder and lightning
death of self	losing things (therefore hoards)	traffic
dirt	making decisions	trapped/small
disappointing someone	meat	spaces/buried alive
dogs	medication	turning out like parent
dolls	men or women	war
dreams/nightmares	messes (or any untidiness)	weather (storms)
drowning/water	mirrors	worms
dust	monsters	x-rays