

# Character Phobias Brainstorming List

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