

# Phobias - A Keepers Reference

## Including the Definitive Phobia Tables

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### What is a phobia?

A phobia is an intense and irrational fear of a situation, an object or an organism. Although many phobia cases are never fully understood they appear to be more prevalent in highly imaginative and emotional people. Difficulty arises when the subject becomes unable to differentiate between the fear experienced from imaginary situations; Cthulhu hiding under the bed, and the fear experienced from very real dangers (such as the fear of being hit from a falling man made satellite – or Keraunothnetophobia).

It is generally held that phobias occur when fear produced by an original threatening situation is transferred to other similar, although often disassociated, situations with the original fear being repressed or forgotten.

### Symptoms

Typically the phobic person experiences panic when encountering a phobic situation. When anticipating re-entering a potentially phobic situation the person will develop fear automatically and the natural reaction will be to try and avoid the situation in order to escape the sensation of mounting panic. Mentally they may feel disorientated, unreal, light-headed, and have disturbed perceptions of the external and internal environment, such as Atlach-Nacha being just a spider.

Physically they may feel dizzy or off balance, experience disturbances of both sight and hearing, have heart palpitations or experience difficulty in swallowing and breathing. Other more dramatic physical symptoms may include nausea, abdominal pain, muscular tension, cramps, bowel and urinary problems (especially control), shakiness or tremors and numbness. It is possible for very real medical problems to occur as a result of a phobia, which may ultimately lead to death. All Call of Cthulhu characters run the risk of death, why not from pure fear?

### The Phobogenic Process

Once fear develops from the phobic situation it can mushroom and accelerate uncontrollably, thus giving the evil keeper minutes of fun! This process is known as the phobogenic process.

As the phobic person begins to involuntarily react with ever-increasing fear to more and more of the imagined dangers of the phobic situation, the subject becomes increasingly preoccupied with the distress of the phobic response. As such they are less able to keep in touch with comforting realities; such as Atlach-Nacha being just a rather harmless chimerical spider.

As the phobogenic process progresses the belief that something horrendous is happening or about to happen increases. At the earliest opportunity the subject will seek to avoid the triggering situation, this may include avoiding specific situations, even words, specific imagery or memories that may act as triggers to the phobic reaction.

The phobic individual may find that the phobic reaction is inhibited, diminished or even removed when in the presence of a particularly trusted colleague or person, at least until that individual dies horribly!

## Classification and Naming

Although Psychiatrists classify phobias as a single type of neurosis, hundreds of terms have been coined to specify the nature of the fear by prefixing the word “phobia” by the Greek word which best represents the object, situation or organism feared. It is therefore possible to have more than one word to describe a particular phobia. For the same reason the following tables will not cover everything but so long as you are able to discover the appropriate Greek word any phobia may confidently be inflicted upon an unsuspecting investigator.

E.g. for a fear of magic or sorcery use the Greek word Nekromanteia, to produce Nekromanteiaphobia – Fear of magic and sorcery.

What's the Greek for Cthulhu? Well you could use Oktopouso to give a close description, Oktopousophobia.

## Using the tables

Table 1 (below) can be used to generate completely random phobias, by rolling percentiles once to determine the specific phobia table and again to then determine the specific phobia. Please note that, given the classification and naming guidelines noted above, some phobias occur more than once.

Table 1.

Phobia Table		
Percentile Roll	Phobia Type	Use Table
01 – 11	Animal & Plant	2
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Table 2.

Animal & Plant		
Percentile Roll	Phobia	Description
01 – 02	Ailourophobia	Cats
03 – 04	Alektorophobia	Chickens
05 – 08	Anthophobia	Flowers
09 – 11	Apiophobia	Bees
12 – 13	Arachnophobia	Spiders
14 – 15	Bacilliphobia	Microbes
16 – 18	Bacteriophobia	Bacteria
19 – 21	Batrachophobia	Reptiles
22 – 25	Botanophobia	Plants
26 – 27	Chaetophobia	Hair
28 – 30	Cynophobia	Dogs
31 – 33	Dendrophobia	Trees
34 – 36	Doraphobia	Fur
37 – 38	Entomophobia	Insects
39 – 42	Gatophobia	Cats
43 – 44	Helminthophobia	Worms
45 – 47	Hippophobia	Horses
48 – 50	Icthyophobia	Fish
51 – 54	Melissophobia	Bees
55 – 57	Microphobia	Bacteria
58 – 61	Musophobia	Mice
62 – 64	Odonotophobia	Teeth
65 – 68	Ophidiophobia	Snakes
69 – 72	Ophiophobia	Snakes
73 – 75	Ornithophobia	Birds
76 – 79	Parasitophobia	Parasites
80 – 83	Pediculophobia	Lice
84 – 86	Phyllophobia	Leaves
87 – 89	Pteronophobia	Feathers
90 – 93	Spermophobia	Germs
94 – 96	Spheksophobia	Wasps
97 – 00	Zoophobia	Animals

Table 3.

Health & Anatomy		
Percentile Roll	Phobia	Description
01	Algophobia	Pain
02 – 03	Asthenophobia	Weakness
04 – 05	Atelophobia	Imperfection
06	Bacilliphobia	Microbes
07	Belonephobia	Needles
08	Blennophobia	Slime
09 – 10	Cancerophobia	Cancer
11 – 13	Carcinophobia	Cancer
14 – 15	Cardiophobia	Heart condition
16	Chaetophobia	Hair
17 – 18	Coitophobia	Sexual intercourse
19 – 20	Coprophobia	Faeces
21 – 22	Cypridophobia	Venereal disease
23 – 24	Dermatophobia	Skin
25 – 26	Dermatosiophobia	Skin disease
27 – 28	Dysmorphophobia	Deformity
29 – 30	Emetophobia	Vomiting
31	Eremitophobia	Solitude
32 – 33	Ergasiophobia	Surgical operations
34 – 35	Erotophobia	Physical love
36	Genophobia	Sex
37 – 38	Genuphobia	Knees
39	Haematophobia	Blood
40	Haptophobia	Touch
41	Kopophobia	Fatigue
42 – 43	Latrophobia	Doctors
44 – 45	Leprophobia	Leprosy
46	Lyssophobia	Insanity
47 – 48	Maieusiophobia	Pregnancy
49	Maniaphobia	Insanity
50 – 51	Mysophobia	Infection
52	Necrophobia	Death
53 – 54	Nosemaphobia	Illness
55 – 56	Nosophobia	Disease
57 – 58	Odontophobia	Teeth

Table 3 (Continued).

Health & Anatomy		
Percentile Roll	Phobia	Description
59	Olfactophobia	Smell
60 – 61	Ommatophobia	Eyes
62	Oneirophobia	Dreams
63 – 64	Pathophobia	Disease
65 – 66	Patroiophobia	Hereditary disorders
67 – 68	Phamacophobia	Drugs
69 – 70	Phthisiophobia	Tuberculosis
71	Pogonophobia	Beards
72	Polyphobia	Multiple "Things"
73 – 74	Psychophobia	The mind
75 – 76	Rypophobia	Soiling
77 – 78	Spermatophobia	Semen
79 – 80	Spermophobia	Germs
81 – 82	Syphiliophobia	Syphilis
83 – 84	Taphophobia	Burial alive
85 – 87	Thanatophobia	Death
88 – 89	Thixophobia	Touching or being touched
90 – 91	Tocohobia	Childbirth
92 – 93	Toxiphobia	Poison
94 – 96	Traumatophobia	Wounds / Injuries
97 – 98	Tremophobia	Trembling
99 – 00	Trypanohobia	Inoculations / Injections

Table 4.

People & Groups		
Percentile Roll	Phobia	Description
01 – 08	Androphobia	Men
09 – 12	Anglophobia	England, the English, all things English
13 – 19	Anthrophobia	Human beings
20 – 21	Demophobia	Crowds
22 – 25	Gallophobia	France, the French, all things French
26 – 29	Gametophobia	Marriage
30 – 33	Genophobia	Sex
34 – 37	Germanophobia	Germany, the Germans, all things German
38 – 44	Gymnophobia	Nudity
45 – 51	Gynophobia	Women
52 – 55	Haptophobia	Touch
56 – 62	Harpaxophobia	Robbers
63 – 69	Negrophobia	Negro/Afro Caribbean people
70 – 73	Ochlophobia	Crowds
74 – 80	Paediphobia	Children
81 – 87	Parthenophobia	Young girls
88 – 90	Pogonophobia	Beards
91 – 93	Russophobia	Russia, the Russians, all things Russian
94 – 96	Sinophobia	China, the Chinese, all things Chinese
97 – 00	Xenophobia	Foreigners

Table 5.

Darkness & The Night		
Percentile Roll	Phobia	Description
01 – 14	Achluophobia	Night, darkness
15 – 19	Akousticophobia	Sound
20 – 23	Apeiophobia	Infinity
24 – 30	Chronophobia	Duration
31 – 33	Claustrophobia	Enclosed spaces
34 – 40	Clinophobia	Going to bed
41 – 45	Eosophobia	Dawn
46 – 49	Eremitophobia	Solitude
50 – 54	Eremophobia	Stillness
55 – 61	Hypnophobia	Sleep
62 – 68	Kenophobia	Void
69 – 73	Nyctophobia	Darkness
74 – 78	Oneirophobia	Dreams
79 – 85	Phasmophobia	Ghosts
86 – 90	Pnigerophobia	Smothering
91 – 93	Sciophobia	Shadows
94 – 97	Siderophobia	Stars
98 – 00	Taphophobia	Burial alive

Table 6.

Light & The Day		
	Phobia	Description
01 – 06	Agoraphobia	Open spaces
07 – 12	Astraphobia	Lightning
13 – 20	Apeiophobia	Infinity
21 – 26	Auroraphobia	Northern lights, Aurora Borealis
27 – 34	Eosophobia	Dawn
35 – 45	Heliophobia	The sun
46 – 56	Nephophobia	Clouds
57 – 79	Phengophobia	Daylight
80 – 90	Photophobia	Strong light
91 – 00	Selaphobia	Flashes of light

Table 7.

Weather		
Percentile Roll	Phobia	Description
01 – 03	Akousticophobia	Sound
04 – 07	Ancraophobia	Wind
08 – 15	Antlophobia	Floods, flooding
16 – 18	Astraphobia	Lightning
19 – 20	Auroraphobia	Auroral lights
21 – 23	Brontophobia	Thunder
24 – 27	Cheimatophobia	Cold
28 – 31	Chionophobia	Snow
32 – 35	Cryophobia	Frost, Ice
36 – 39	Cymophobia	Sea swell
40 – 47	Elektrophobia	Electricity
48 – 50	Eremophobia	Stillness
51 – 53	Eosophobia	Dawn
54 – 61	Eymophobia	Sea swell
62 – 65	Homichlophobia	Fog
66 – 69	Hydrophobia	Water
70 – 73	Kenophobia	Void
74 – 76	Koniophobia	Dust
77 – 80	Nephophobia	Clouds
81 – 83	Nyctophobia	Darkness
84 – 87	Photophobia	Strong light
88 – 89	Sciophobia	Shadows
90 – 93	Selaphobia	Flashes
94 – 96	Thalassophobia	Sea
97 – 00	Thermophobia	Heat

Table 8.

Travel		
Percentile Roll	Phobia	Description
01	Acrophobia	Sharpness, points, (pinnacles)
02 – 06	Aerophobia	Flying, the air
07	Agoraphobia	Open spaces
08 – 09	Altophobia	Heights
10 – 14	Amaxophobia	Vehicles
15 – 17	Anglophobia	England, the English, all things English
18 – 22	Basiophobia	Walking
23 – 25	Batophobia	Walking
26	Claustrophobia	Enclosed spaces
27 – 29	Cymophobia	Sea swell
30 – 31	Demophobia	Crowds
32 – 36	Dromophobia	Crossing streets
37 – 41	Eleutherophobia	Freedom
42 – 44	Gallophobia	France, the French, all things French
45 – 49	Gephyrophobia	Crossing bridges
50 – 52	Germanophobia	Germany, the Germans, all things German
53 – 57	Hodophobia	Travel
58 – 62	Kinesophobia	Motion
63 – 67	Kinetophobia	Motion
68 – 70	Limnophobia	Lakes
71 – 73	Ochophobia	Vehicles
74 – 76	Oikophobia	Home
77 – 79	Potamophobia	Rivers
80 – 82	Russophobia	Russia, the Russians, all things Russian
83 – 87	Siderodromophobia	Travelling by train
88 – 90	Sinophobia	China, the Chinese, all things Chinese
91 – 95	Tachophobia	Speed
96	Thaasophobia	Sitting idle
97 – 98	Thalassophobia	Sea
99 – 00	Xenophobia	Foreigners

Table 9.

Other Environmental		
Percentile Roll	Phobia	Description
01 – 02	phobia	Sharpness, points, (pinnacles)
03	Agoraphobia	Open spaces
04 – 05	Altophobia	Heights
06 – 11	Amatophobia	Dust
12 – 14	Ancraophobia	Wind
15 – 20	Anemophobia	Draughts
21 – 23	Antlophobia	Floods, Flooding
24 – 25	Astraphobia	Lightning
26	Auroraphobia	Auroral lights
27 – 32	Bathophobia	Depths
33 – 34	Brontophobia	Thunder
35 – 37	Chionophobia	Snow
38	Claustrophobia	Enclosed spaces
39 – 44	Cremnophobia	Precipices
45 – 49	Cryophobia	Ice, frost
50 – 52	Heliophobia	Sun
53 – 57	Homichlophobia	Fog
54 – 56	Hydrophobia	Water
57 – 62	Hygrophobia	Dampness, moisture
63 – 65	Hypsophobia	High places
66 – 71	Keraunophobia	Thunder
72 – 73	Koniophobia	Dust
74 – 76	Limnophobia	Lakes
77 – 79	Meteorophobia	Meteors
80 – 82	Nephophobia	Clouds
83 – 88	Ombrophobia	Rain
89 – 92	Panphobia	Everything
93 – 95	Potamophobia	Rivers
96 – 97	Siderophobia	Stars
98 – 00	Thalassophobia	Sea

Table 10.

Inanimate Objects		
Percentile Roll	Phobia	Description
01 – 10	Aichurophobia	Points
11 – 15	Aulophobia	Flutes
16 – 20	Ballistaphobia	Missiles
21 – 23	Belenophobia	Needles
24 – 26	Bibliophobia	Books
27 – 29	Blennophobia	Slime
30 – 39	Chrometophobia	Money
40 – 49	Crystallophobia	Crystals, glass
50 – 59	Eisoptrophobia	Mirrors
60 – 64	Enetepobia	Pins
65 – 74	Linonophobia	String
75 – 84	Mechanophobia	Machines, machinery
85 – 94	Metallophobia	Metals
95 – 97	Myxophobia	Slime
98 – 00	Ochophobia	Vehicles

Table 11.

Religion		
	Phobia	Description
01 – 07	Demonophobia	Demons
08 – 21	Ecclesiaphobia	Churches
22 – 28	Gametophobia	Marriage
29 – 42	Hadephobia	Hell
43 – 49	Heirophobia	Sacred things
50 – 63	Peccatophobia	Sinning
64 – 77	Ouranophobia	Heaven
78 – 84	Satanophobia	Satan, the Devil, Beelzebub, Baal, Old Nick
85 – 92	Stygiophobia	Hell
93 – 00	Theophobia	God(s)

Table 12.

The Occult		
Percentile Roll	Phobia	Description
01 – 02	Ailourophobia	Cats
03 – 04	Alektorophobia	Chickens
05	Algophobia	Pain
06	Apeiophobia	Infinity
07 – 08	Arachnophobia	Spiders
09 – 11	Aulophobia	Flutes
12	Auroraphobia	Auroral lights
13	Bibliophobia	Books
14 – 15	Blennophobia	Slime
16	Brontophobia	Thunder
17 – 18	Demonophobia	Demons
19 – 20	Entomophobia	Insects
21 – 22	Haematophobia	Blood
23 – 24	Helminthophobia	Worms
25 – 26	Hierophobia	Sacred things
27 – 29	Lyssophobia	Insanity
30 – 31	Maniaphobia	Insanity
32 – 33	Mastigophobia	Flogging
34 – 35	Meteorophobia	Meteors
36 – 37	Monophobia	Singular items
38 – 42	Musicophobia	Music
43 – 44	Myxophobia	Slime
45 – 46	Necrophobia	Corpses
47 – 48	Nomatophobia	Names
49 – 50	Nyctophobia	Darkness
51 – 52	Oneirophobia	Dreams
53 – 54	Panphobia	Everything
55 – 56	Pharmacophobia	Drugs
57 – 59	Phasmophobia	Ghosts
60 – 64	Phobophobia	Fear
65 – 66	Polyphobia	Collections, of things
67 – 71	Potophobia	Drink
72 – 73	Pyrophobia	Fire
74 – 75	Satanophobia	Satan, the Devil, Beelzebub, Baal, Old Nick
76	Sciophobia	Shadows

Table 12 (Continued).

The Occult		
Percentile Roll	Phobia	Description
77 – 78	Sderophobia	Stars
79 – 81	Stygiophobia	Hell
82 – 83	Taphophobia	Burial alive
84 – 88	Taratophobia	Monsters
89 – 93	Terdekaphobia	The number thirteen, (13)
94	Thanatophobia	Death
95 – 96	Theophobia	God(s)
97	Traumatophobia	Wounds, physical injury
98 – 00	Triskaidekaphobia	The number thirteen, (13)

Table 13.

Libraries		
Percentile Roll	Phobia	Description
01 – 08	Akousticophobia	Sound
09 – 16	Amathophobia	Dust
17 – 20	Anginophobia	Narrowness
21 – 24	Arachnophobia	Spiders
25 – 27	Ataxiophobia	Disorder
28	Bibliophobia	Books
29 – 30	Claustrophobia	Enclosed spaces
31 – 38	Erimtophobia	Solitude, (being alone)
39 – 46	Ergophobia	Work
47 – 54	Graphophobia	Writing
55 – 58	Ideophobia	Ideas
59 – 61	Kakorrhaphiophobia	Failure
62 – 64	Koniphobia	Dust
65 – 73	Kopophobia	Fatigue
74 – 76	Logophobia	Words
77 – 80	Nomatophobia	Names
81 – 84	Phonophobia	Speaking aloud
85 – 87	Pyrophobia	Fire
88 – 89	Sciophobia	Shadows
90 – 93	Thausophobia	Sitting idle
94 – 00	Verbophobia	Words

Table 14.

Violence		
Percentile Roll	Phobia	Description
01 – 03	Algophobia	Pain
04 – 09	Ballistophobia	Missiles, (bullets)
10 – 13	Belonephobia	Needles
14 – 22	Cnidophobia	Stings
23 – 28	Enetophobia	Pins
29 – 32	Haematophobia	Blood
33 – 38	Mastigophobia	Flogging
39 – 44	Merinthophobia	Being bound
45 – 49	Odynophobia	Pain
50 – 53	Pathophobia	Disease
54 – 58	Pnigerophobia	Smothering, choking
59 – 70	Poinophobia	Punishment
71 – 74	Pyrophobia	Fire
75 – 78	Rhabdophobia	Being beaten
79 – 84	Thanatophobia	Death
85 – 90	Toxiphobia	Poison
91 – 00	Traumatophobia	Wounds, injuries

Table 15.

Situational		
Percentile Roll	Phobia	Description
01 – 02	Acrophobia	Heights
03 – 04	Agoraphobia	Open spaces
05 – 06	Altophobia	Heights
07	Apeiophobia	Infinity
08 – 10	Automysophobia	Being dirty
11 – 16	Autophobia	Being alone
17 – 19	Batophobia	Passing high objects
20	Claustrophobia	Enclosed spaces
21 – 23	Clinophobia	Going to bed
24 – 25	Demophobia	Crowds
26 – 31	Domatophobia	Home
32 – 37	Ecophobia	Home surroundings
38	Eremitophobia	Solitude
39 – 40	Eremophobia	Solitude
41 – 43	Frigophobia	Being cold
44 – 46	Hypsophobia	High places
47 – 49	Merinthophobia	Being bound
50 – 51	Monophobia	Being alone
52 – 54	Ochlophobia	Crowds
55 – 57	Oikophobia	Home
58 – 60	Rhabdophobia	Being beaten
61 – 66	Scholionophobia	School
67	Sciophobia	Shadows
68 – 74	Scapophobia	Being looked at
75 – 81	Stasiphobia	Standing still
82 – 88	Stasophobia	Standing
89 – 94	Thaasophobia	Sitting idle
95 – 00	Topophobia	Places

Table 16.

Sensory		
Percentile Roll	Phobia	Description
01 – 04	Acarophobia	Itching
05 – 08	Acerophobia	Sourness
09	Akousticophobia	Sound
10	Algophobia	Pain
11 – 14	Amychophobia	Being scratched
15 – 16	Automysophobia	Being dirty
17 – 18	Cheimatophobia	Cold
19 – 22	Chromatophobia	Colour
23 – 25	Cromaphobia	Colour
26 – 28	Cnidophobia	Stings
29 – 31	Ereuthophobia	Blushing
32 – 35	Erythrophobia	Blushing
36 – 37	Frigophobia	Being cold
38 – 41	Geumatophobia	Taste
42 – 45	Halophobia	Speaking
46 – 49	Haphophobia	Being touched, touching
50 – 52	Hedonophobia	Pleasure
53 – 54	Hypnophobia	Sleep
55	Kopophobia	Fatigue
56 – 59	Kyphophobia	Stooping
60 – 63	Lalophobia	Speech
64 – 65	Odynophobia	Pain
66 – 67	Olfactophobia	Smell
68 – 70	Optophobia	Opening ones eyes
71 – 74	Osmophobia	Odours
75 – 78	Osphresiophobia	Body odour
79 – 80	Phonophobia	Speaking aloud, noise
81 – 83	Phronemophobia	Thinking
84	Pnigerophobia	Smoking, choking
85 – 87	Ponophobia	Fatigue
88 – 91	Psychrophobia	Colour
92 – 94	Scabiophobia	Itching
95 – 96	Thermophobia	Fatigue
97 – 98	Thixophobia	Touching
99 – 00	Tremophobia	Trembling

Table 17.

Other Miscellaneous		
Percentile Roll	Phobia	Description
01 – 03	Ataxiophobia	Disorder
04 – 08	Atophobia	Ruin
09 – 13	Barophobia	Gravity
14 – 18	Cainophobia	Novelty
19 – 23	Cherophobia	Cheerfulness
24 – 25	Chronophobia	Duration, passage of time
26 – 30	Dikephobia	Justice
31 – 34	Eleutherophobia	Freedom
35 – 39	Hormephobia	Shock
40 – 44	Hypegiaphobia	Responsibility
45 – 48	Iophobia	Rust
49 – 50	Kakorrhaphiaphobia	Failure
51 – 55	Katagelophobia	Ridicule
56 – 60	Keraunothnetophobia	Falling man made satellites
61 – 65	Kleptophobia	Stealing
66 – 70	Mythophobia	Making false statements
71 – 75	Neophobia	New things
76 – 80	Onomatophobia	Certain names
81 – 84	Pantophobia	Everything
85 – 89	Pediophobia	Dolls
90 – 93	Peniaphobia	Poverty
94 – 97	Vestiophobia	Clothing
98 – 00	Zelophobia	Jealousy