

Phasmophobia

Phobia means a sort of uneasiness issue that makes a person to experience utmost, absurd fear about a circumstance, living creature, a location, or an object. There are many types of phobia.

Phasmophobia is one of them. Phasmophobia means fear of ghosts. For individuals who suffer from phasmophobia, they simply notice supernatural things such as Ghosts, vampires, witches, etc. We are all more or less involved with the word 'fear'. Our feeling of 'fear of ghosts' revolves around various miraculous or supernatural events. When the remnants of a movie or a story book on a self-reliant or otherworldly subject peek into the mind from time to time, a creepy feeling is born. For some, the affair is a thrill, while for others, it is a life-threatening threat. Medical science has included a type of phobia called fear of miracles or ghosts, called 'Phasmophobia'.

You may have seen a scary movie or read a ghost book. But even after the story is over, they are much more united with the characters in the story. The characters in the story were so alive that the characters seemed to rise from imagination to reality. And unknowingly he has created a ghostly environment around himself. When he went to sleep at night, all the ghostly scenes in the story began to float before his eyes. He was lying alone in bed, but it was as if he heard a voice. There was a sound at the door. The sound of gnats coming from the wooden furniture of the house is coming. The ticking of the watch near the head can be heard. All in all a strange environment. As the window curtain was open, some light from the lamppost outside entered the room. It is as if someone's existence is being felt beside the bed in the half-light shadow. He wants to keep his eyes closed, but I know why he keeps opening his eyes again and again. He covered his face well with the sheet over his body, but it seemed as if someone would remove the sheet from his face at any moment. Again, next to the bed, maybe the white-faced child in the story is sitting with a hug. Many Child, Young, and Old people are afraid of ghosts. According to the FEAROF.net website, there are 66% male and 34% percent of the people suffering from phobias. They also categories by age and they found 45% belong to below 18 years old, 44% belong to 18 to 34 years old, and 11% belong to above 35 years old. They found these results by a survey where people gave votes all over the world.

Reason of Phasmophobia:

- **Anxiety:** Anxiety is the most common cause of Phasmophobia. Anticipatory anxiety can create fear of ghosts.
- **Fear of Death:** Fear of death is another common reason for Phasmophobia. Those who are afraid of ghosts and they think they are killed by ghosts or ghosts attack him/her to kill.
- **TV shows:** There are many horror films that increase the fear of ghosts. Hollywood movies, culture, religion are also steep in our fear of ghosts. Ghosts act in the movie to watch us with extreme violence and fear. Stories of Ghosts scenes such as murdering children or pets. Finishing off one's life savings or destroy the household also trigger Phasmophobia.

What are the symptoms of Phasmophobia?

There are many symptoms of Phasmophobia. Some common symptoms are given below:

1. **Panic attack:** Panic attack means suddenly fear of something that triggers hard physical reactions. Actually there is no real situation of fear but they panic or are afraid of a situation.
2. **Difficulty in sleeping alone:** This is another symptom of Phasmophobia. One who suffers from this problem they do not want to sleep alone. They think if they sleep alone ghosts come and attack them.
3. **Intense anxiety:** Intense anxiety is also a symptom of fear of ghosts.
4. **Not going to the bathroom or roof at night:** They usually do not want to go to the bathroom as well as the roof at night. They are afraid of night.
5. **Tired in the daytime:** They can not sleep well at night and so that they are feeling tired in the daytime.
6. **Decrease productivity:** Lack of sleep they can not do any work happily. They always feel bored and tired.

How to overcome Phasmophobia?

Fear of ghosts is not usually considered too worrying. However, if the level of fear increases excessively or if this fear has a bad effect on daily life, then caution should be taken in this regard. But first you have to try to get out of this phobia without worrying. Now I am suggesting some home treatment that can reduce the problem of Phasmophobia.

- ✦ **Trying to overcome fear:** The best way to get rid of phomophobia is to try to get rid of the fear of ghosts. The more the fear of ghosts is tolerated, the more the fear will remain in the mind. So first of all you have to understand your mind, there is no such thing as a ghost. This is a completely wrong idea in your own mind. And if you believe in ghosts, you should try to see ghosts. Because you have to believe that even if there is a ghost, it can never hit you directly, but the only fear can be the cause of your death. So harden your mind and build your mind to face the ghosts.
- ✦ **Making the mind much more logical:** In this age of science, it is very difficult to believe in ghosts. However, if the fear of ghosts resides in the mind, then awaken the scientific thinking of the mind. The habit of accepting easily without proof of anything must be eliminated. If you are afraid to see or feel something or hear a sound, you have to look for its source. Finding out what caused it will solve all your curiosity.
- ✦ **Take refuge in humor to get rid of fear:** Make fun of yourself for being afraid of ghosts. Or think of a comedy character you like very much. Think of some fun memories of your life. Ghosts are not always bad, think that they can be good. A good example of this is the ghost figure of 'Gupi Gain Bagha Bain' a Bangali funny movie about ghost. There are many funny ghost movies are made before. You can see that movies for entertainment.
- ✦ **Keep yourself safe:** If you can't overcome the fear of ghosts by doing many things, then it is wise to try to keep yourself safe. Usually when you watch a ghost movie or read a book, it works more in your head, which disappears in a few days. So if too much fear builds up in your mind, sleep with someone at night, or turn on the light or play a light song.

- ✦ **Refrain from watching ghost movies or reading books:** People who are very afraid of ghosts can stop watching ghost movies or reading ghost books if they want. However, many people are scared but can not stop themselves from watching ghost movies. In their case, the tendency to be alone is less common. Otherwise you can watch ghost movies during the day without watching ghost movies at night. Needless to say, the joy of being afraid of ghosts must be lost in full.

You can try to solve the problem by this home treatment. If these can not help you to overcome Phasmophobia. You should seek the help of a psychiatrist. Many become so obsessed with ghosts that their daily lives are disrupted. This type of phobia can lead to more complex psychological problems. So the phobia of fear of ghosts should be destroyed a little. If in any case the fear of ghosts cannot be reduced and this leads to sleep disturbances, then it would be wise to seek the help of an experienced doctor. In this age of science, fear of ghosts has become one of the means of luxury or entertainment. For those who have this truth in mind, the subject of ghosts is a matter of pleasure and mere entertainment. According to many, what is the benefit of reading ghost movies or books if you are not afraid? However, the human mind can become different at different times, in different situations. So this phobia should not always be underestimated. If the phobia becomes very severe, it should not be seen as a shame to take appropriate treatment. These treatments can occur in two ways. Therapeutic techniques and medicine.

- **Medicines for Phobias:** Anti-anxiety medications and antidepressants medications can reduce the emotional and absurd reaction you have to fear of Ghosts. These medicines also help to stop or reduce the physical reaction. These medicines also reduce the symptoms quickly.
- **Therapy for Phobias:** Cognitive behavioral therapy (CBT) is a type of psychotherapy. This form of therapy modifies thought patterns in order to change moods and behaviors. Cognitive behavioral therapy (CBT) is the most popular therapy treatment for phobias, including phasmophobia.

A fear of ghosts is not a joke or silly thing. Phobias are real, and the effect they can have on your health and life are serious. Overcoming a phobia can be difficult. But if you have enough confidence you can easily overcome phobias.