You have claustrophobia

Sugun: Thank you

compliment.

భయం ముందుపుట్టి మనిషి తర్వాత పుట్టాడని అంటారు. ఒకలికి నీళ్లంటే భయం. ఒకలికి చీకటంటే వణుకు. ఒకరు వెలుతురును భరించలేరు. ఒకరికి కొండర్ని చూస్తే చెమటలు పడతాయి. అన్నట్టు, ఇంగ్లీష్లలో ఒక్కోభయానికి ఓ పేరు ఉంది. అవేమిటీ ఈ సంబాషణలో తెలుసుకుందాం..

> Vikrant: What are you afraid of, then?

comfortable. Vikrant: You have claustrophobia.

Sugun: Claustrophobia? Vikrant: What is your other fear?

Sugun: A few days ago I went to a football ground. It was afternoon. Vikrant: No players were there and it was deserted!

Sugun: Exactly. I couldn't bear it. I was terrified. Vikrant: You have agoraphobia.

Sugun: Agoraphobia? Vikrant: Yes.

Sugun: Last summer, some huts in our village caught fire. Vikrant: Such a thing happened in our village too.

Sugun: The other youth were busy fetching buckets of water and extinguishing the fire. Vikrant: They must be appreciated.

Sugun: But I ran into my house. Somehow, I was terrified of the fire and flames.

SPRINTER!

Satish: What a printer Pranay is!

Ratnam: Digital or offset?

Satish: Pardon?

Ratnam: Flexography or screen?

Satish: Don't you know that he won the gold in 100 meters last week?

Ratnam: Yes, I know. He is a sprinter!

Vikrant: You have pyrophobia.

Sugun: Pyrophobia? Vikrant: Yes. I remember how I was afraid of heights in my childhood.

Sugun: Afraid of heights? Vikrant: Yes. I couldn't climb beyond the third rung of a ladder.

Sugun: So bad. Vikrant: I couldn't look out of the window of a tall building.

Sugun: I can't believe it. Vikrant: I was terrified of heights. I had acrophobia.

Sugun: Acrophobia? Do you still have this phobia? Vikrant: No.

Sugun: How can I get rid of my phobias? Vikrant: Confront your phobias, don't run away from them. With awareness and conscious effort, you can overcome these irrational fears.



సూర్యారావు ఎం.వి వివేకానంద ఇన్స్టేట్యూట్ ఆఫ్ లాంగేఁజెస్. రామకృష్ణ మఠం.

Sugun: You're my best friend. I feel like sharing my fears and anxieties with you. Vikrant: Thank you for giving me a niche in your heart.

Sugun: Outwardly I look very bold and confident. But in fact I have fears. Vikrant: What are you afraid of – exam? interview? career?

Sugun: No, not at all. Vikrant: Our friends and I know you're a diligent student, always a topper in our class.

Sugun: Thank you for the compliment. Vikrant: What are you afraid of, then?

Sugun: Last evening, I visited my cousin. Vikrant: What is he?

Sugun: Preparing for competitive exams. Rented a small room, sharing it with two others. Vikrant: I see.

Sugun: The room was so small that I felt choked. Vikrant: I'm sorry.

Sugun: With just two of us in the room, I felt it so crowded. I was not at all

