

# You have claustrophobia



**Sugun:** Thank you for the compliment.

ఇంగ్లీష్ మాట్లాడదాం



**Vikrant:** What are you afraid of, then?



భయం ముందుపుట్టి మనిషి తర్వాత పుట్టాడని అంటారు. ఒకరికి నీళ్లంటే భయం. ఒకరికి చీకటంటే వణుకు. ఒకరు వెలుతురును భరించలేరు. ఒకరికి కొండల్ని చూస్తే చెమటలు పడతాయి. అన్నట్టు, ఇంగ్లీష్ లో ఒక్కో భయానికి ఓ పేరు ఉంది. అవేమిటో ఈ సంభాషణలో తెలుసుకుందాం..

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.

**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.



**సూర్యరావు ఎం.వి**  
వివేకానంద ఇన్స్టిట్యూట్ ఆఫ్ లాంగ్వేజెస్, రామకృష్ణ మఠం.

## 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!