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THE POD REPORT

FOR RELEASE JUNE 8, 2026

By Dana Block

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### THIS WEEK'S CATEGORY:

#### Phobias

Spiders and snakes and high places, oh my! Do you suffer from a common or unusual phobia? There's no shame in it. These five podcasts should help you feel less alone (autophobia) and help you embrace your funky fears:

**"FearCast Podcast"** — Therapist Kevin Foss brings his expertise as the founder of the California OCD and Anxiety Treatment Center to a weekly podcast format. Simply search "phobias" in the podcast search bar, and you'll find several that can help you overcome intrusive thoughts and fears. A good introductory episode is one from 2018 titled "Rational and Irrational Phobias," where Foss breaks down why he believes that "the distinction doesn't really matter." Specific phobias are addressed in subsequent "Phobia Phriday" episodes like emetophobia (a fear of vomiting), trypanophobia (a fear of injections), and koumpounophobia (a fear of buttons). (FearCastPodcast.com)

**"That's a Phobia?"** — When scrolling through the list of episode titles for this podcast, you're certain to discover a phobia (or 10) that you never knew existed. Warning: Each episode is only a minute long and consists of host Amanda Blackwood reading from "The Aldrich Dictionary of Phobias and Other Word Families." So, if you have a fear of long podcasts, then this is the show for you! Who

knew there was a phobia cleverly named "charminphobia" (a fear of being squeezed) or a phobia called "aulophobia" (a fear of flutes or other wind instruments). (Podcasters. Spotify.com)

### **"Not Another Anxiety Show"**

— Hosted by a former agoraphobe and registered nurse, this helpful podcast is less about specific phobias and more about how to manage anxiety. If you do suffer from agoraphobia (an intense fear of places or situations that might cause panic), be sure to listen to Episode #228 with guest Lisa Manning, who overcame her phobia to enjoy her love of travel. In Episode #166, we learn that research has proven that "imagining a threat lights up similar regions in the brain as actually experiencing a threat does." So, yes, your panic at the sight of an eight-legged arachnid is legit! (NotAnotherAnxietyShow.com)

### **Don't Forget These Gems**

**"Radiolab"** — In a recent episode titled "This American Roach," Radiolab reporter Alex Neason stepped out of the shower and onto her worst nightmare — a cockroach with its prickly legs kicking away at the air and, subsequently, her foot. She's turned her fearful encounter into a learning experience, hoping that if she understands the creature she abhors, she can overcome her phobia. (Radiolab.org)

**"LadyGang"** — In an episode of this podcast from April 2022 titled "LG Quickie: Weird Phobias," hosts Keltie Knight, Becca Tobin and Jac Vanek discuss phobias that go beyond the common ones we know. Spiders and a fear of heights aren't their issue, but "weird" phobias "from sponges to buttoholes in water to dried ketchup" are some of the, ahem, unusual subjects that keep them up at night. (ART19.com)

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