

## My Phobia “Hemophobia”

When I was 10 years old, my mother peeled an apple in the kitchen. Her finger was cut by a knife. I saw her wound, a blood was bleeding. At that moment, I felt uncomfortable in breathing. That was the first time I recognized my phobia. It seems I was not be able to standstill. One day, I played football with my friend. He fell down on the floor. His knees were broken and his head was cracked. I saw a lot of blood bleeding. It led to my body sweating, nausea and feeling unsteady, dizzy, lightheaded. It seems I was going to faint. Next day, My parents took me to see the doctor. The doctor said I were Hemophobia. It was fear of blood. It was be able to make me lose my balance on my body. I was nervous on my phobia. Because of Hemophobia, I will not be able to help anyone who gets would or injured. That was the big obstacle for me to be a doctor, my dream career. The doctor suggested me to overcome my phobia by trying to think blood as the natural thing and color natural water in human body. Sometimes it was able to help me feel better. I would try to find out the best way to overcome my phobia, If I was be able to overcome my phobia, I would be able to be a doctor to help injured people.



**Ong M.3/4**