Are You Afraid of Clowns?

Coulrophobia [kool-ruh-foh-bee-uh] is the extreme or irrational fear of clowns. It comes from the Greek word "kolon," meaning limb or stilts, which many clowns use in circus acts, and "phobos," the Greek word for fear.

Fear Rating: Coulrophobia is one of the less common phobias in the world. People with this phobia can get panic attacks, nausea, sweat excessively, cry, or scream at the sight of clowns.

Origin: Fear of clowns likely comes from their distorted features and not knowing their true emotion or identity. Popular media has also contributed to the fear.

Fear Facts:
- The word clown comes from "klunni," the Icelandic word for clumsy person.
- Clowning is a form of entertainment in virtually every culture.
- An early form of clown was the 'fool,' which traces back to ancient Egypt.
- Fools and jesters were often the only people in court who had free speech.
- International Clown Week is celebrated each year from August 1st - 7th.
- Trained clowns must follow 8 "Clown Commandments."

Jokes: What did the egg say to the clown? You crack me up!

Fear No More! Clowns are meant to be a source of entertainment, not fear. But if you believe you suffer from coulrophobia and want help, talk to your parents or doctor about treatment options. For more fear facts, visit: scaredybat.com/book2bonus.