A phobia is a feeling of intense fear of certain things or places.Then this phobia appeared in me, and I tried to treat it by relaxing, breathing slowly, and knowing that this would pass.I have a phobia of closed spaces.It was the cause of the phobia, which is when I once went to the elevator to go down from the tenth floor to the ground floor.The elevator stopped at the fourth floor and the door did not open and remained standing like this.At first I was trying to control myself and not be afraid, but I started sweating and felt short of breath and began to shake.I felt dehydrated, and I was feeling anxious and confused.I just wanted to get out of this place.After fifteen minutes, rescue came and opened the elevator door, thank God.

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