



FOBIAC

Reality





FOBIAC



Everybody is afraid of something...

In each episode of "Fobiac", the viewers are introduced to 1 fear everyone can identify with and the challenging tasks 3 celebrities will have to face to overcome it. Phobias such as fear of heights, water, animals, death, terrorism and the fear of losing control are presented in this one-hour show.

Due to the different nature of each phobia, the types of assignments the celebrities have to pass vary widely. Spectacular tasks include being exposed to electric bolts nearing 30,000 degrees Celsius in order to overcome the fear of death or being locked in a water tank with hands tied, to confront a gut-wrenching fear of drowning. If the phobia has to do with violence, the candidate has to spend a day amongst the Bloods, 1 of L.A.'s most dangerous gangs, who are at constant war with their rivals, the Crips.

An expert delves into the specific phobia, presenting facts and figures and explaining how this fear is expressed in everyday life. Further, the viewer learns the physiological reasons why people in general respond to their fears in certain ways, such as "shaking with fear", which is caused by the body's release of adrenaline.

Through exciting experiments and tasks, in which the celebrities have to confront their biggest fears, the audience develops a deeper understanding of fears and learns how those can be overcome.

"Fobiac": Face your fears!



Fobiac
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Format

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