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Word of the Day – **Claustrophobic**

Transcript

The word of the day today is **claustrophobic**. **Claustrophobic** is an adjective. This word describes someone who has an unusual fear or discomfort of small contained spaces.

For instance, let's say you live on the 15th floor of a new apartment complex. You have invited all of your friends over for a house-warming party and they have all arrived except for one friend. You call him to see where he is, and he says he is in your lobby. You figure he will be at your door within five minutes, as the elevator is also new and runs quite well. However, after fifteen minutes, your friend still does not show up. You call him again and learn he is taking the stairs to the fifteenth floor. He tells you that he is secretly **claustrophobic** and he hates elevators. He assures you that he will arrive momentarily.

In another example, let's say you commute to work via the subway. Generally this is not a problem because you have worked part-time, and you take the subway long after rush-hour. However, your hours have changed and you no longer go into work in the afternoon. You now have to go in the mornings. This is a problem because you always feel **claustrophobic** in subway cars as it is. But during rush-hour, you can only imagine how terrible it will be. You decide you will have to either go in even earlier to avoid rush-hour or splurge on a cab during this time.

I hope you find this word useful in expressing your thoughts more clearly. For more information you can find the script on our homepage.