

# Who's Afraid of a Cluster of Holes?

September 26, 2013

## *The Atlantic:*

Trypophobia is the fear of clustered holes like those shown in the lotus seed pod above. The lotus seed is the classic example of the sort of holes that frighten trypophobics, but sponges, soap bubbles and even aerated chocolate can be triggers.

“The stimuli are usually clusters of holes of any variety that are almost always innocuous and seemingly pose no threat,” the authors note. But they induce visceral reactions all the same.

Read the whole story: [The Atlantic](#)