

My Triskaidekaphobia Poem

Here's a thought to start your day,
confront your tensions come what may.
Don't hide or think to shy away,
these hours, yours for work and play-
rejoice your weekend there at the end of day!

Barry -failed poet

Background – *paraskevidekatriaphobiaerj*

The term **paraskevidekatriaphobia** was first coined in the early nineties by Dr. Donald E. Dossey, an American psychotherapist specializing in phobias and stress management, who reputedly claimed that when someone was able to pronounce the word they were cured.

The term is based on the Greek words *paraskevi* ('Friday') and *dekatria* ('thirteen') with *-phobia* as a suffix to indicate 'fear'.

A related term is **triskaidekaphobia**, from Greek *tris* ('three'), *kai* ('and'), and *deka* ('ten'), which was coined in the early twentieth century to refer to fear of the number thirteen generally, but is often also associated with fear of Friday the 13th. This word forms the basis of a lexical variant **friggatriskaidekaphobia**, also meaning 'fear of Friday 13th'.

The prefix *frigga* is based on the name of an ancient Scandinavian goddess who was associated with witchcraft and Friday (the witches' sabbath).

Information from Kerry Maxwell Author of Brave New Words.