

# Fear Avoidance And Phobias A Fundamental Analysis

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Examples of specific phobias. Phobia - An intense, irrational fear of an object or situation that is not likely to be dangerous.

- Specific phobias - Phobias that involve fear and avoidance of specific stimuli and situations such as heights, blood, and certain animals, etc.
- Phobia - Treating phobias with systematic desensitization - Systematic desensitization is a very effective procedure for eliminating fears.
- Counterconditioning - being conditioned to experience a feeling of relaxation and a sense of control over the stimuli that originally elicited fear.

An important feature of this procedure is that a patient is not allowed to make an avoidance response. (if the patient keeps avoiding the stimulus or situation, it is not possible to develop counterconditioning) (4:45).

Fears and Phobias Online Article by kidshealth.org SETTING A PURPOSE As you read, pay attention to the details that explain the nature of fear and how fear can affect everyday life, both physically and emotionally. 1) Reread lines 1-5. Make an inference about what it is like to ride a roller coaster and identify text details and your own knowledge to support your inference. A girl with a phobia of thunderstorms might be afraid to go to school if the weather forecast predicts a storm. She might feel terrible distress and fear when the sky turns cloudy. A guy with social phobia experiences intense fear of public speaking or interacting, and may be afraid to answer questions in class, give a report, or speak to classmates in the lunchroom.

Phobias and Irrational Fears. Is a phobia keeping you from doing things you™d like to do? Learn how to recognize, treat, and overcome the problem.Â You avoid certain situations and places because of your phobia. Your avoidance interferes with your normal routine or causes significant distress. You™ve had the phobia for at least six months. Treating a phobia.