

Fight or flight

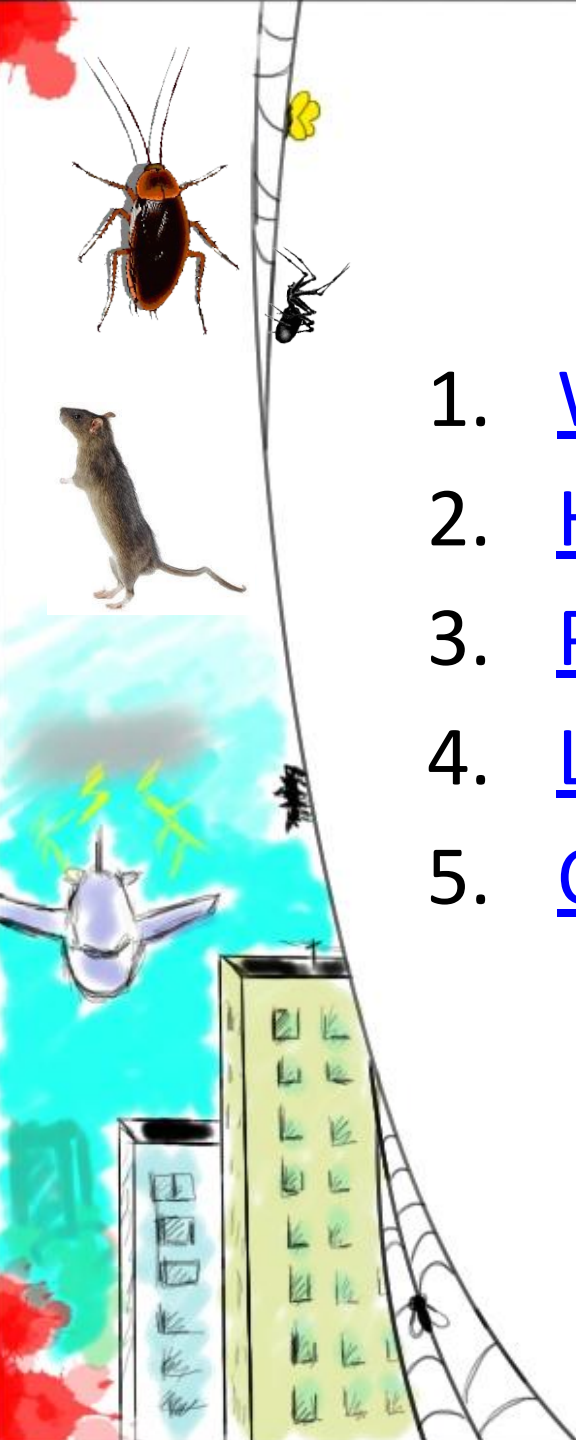


PRESENTATION
PREPARED BY
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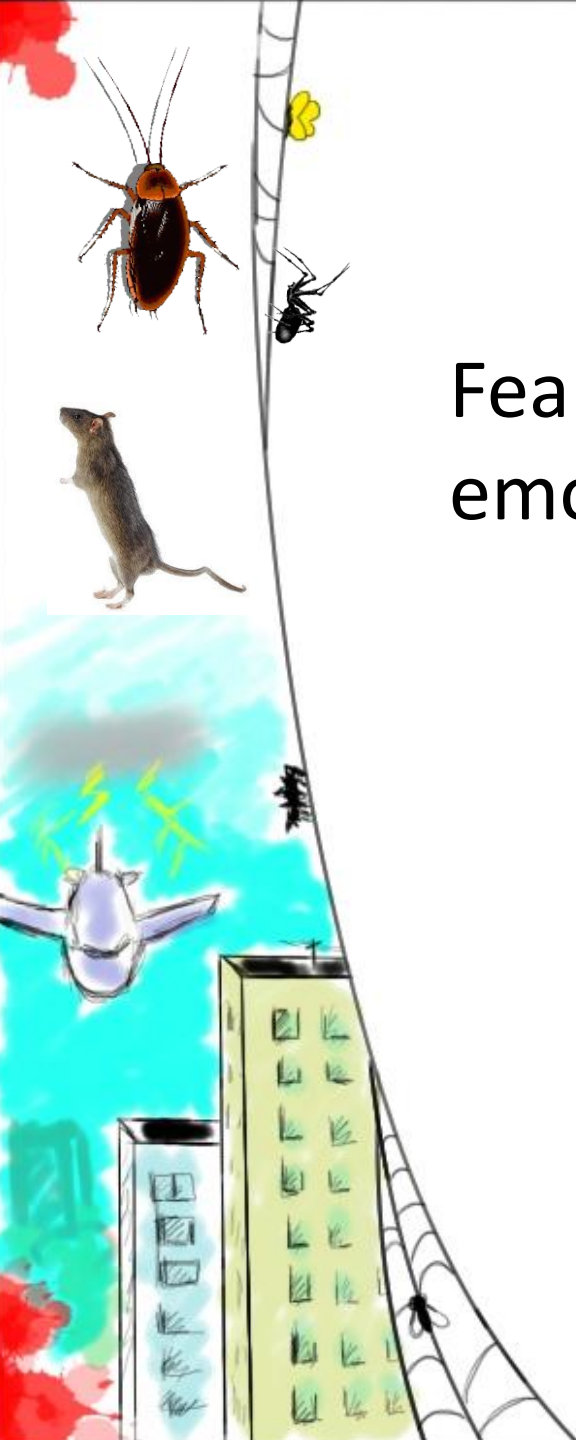
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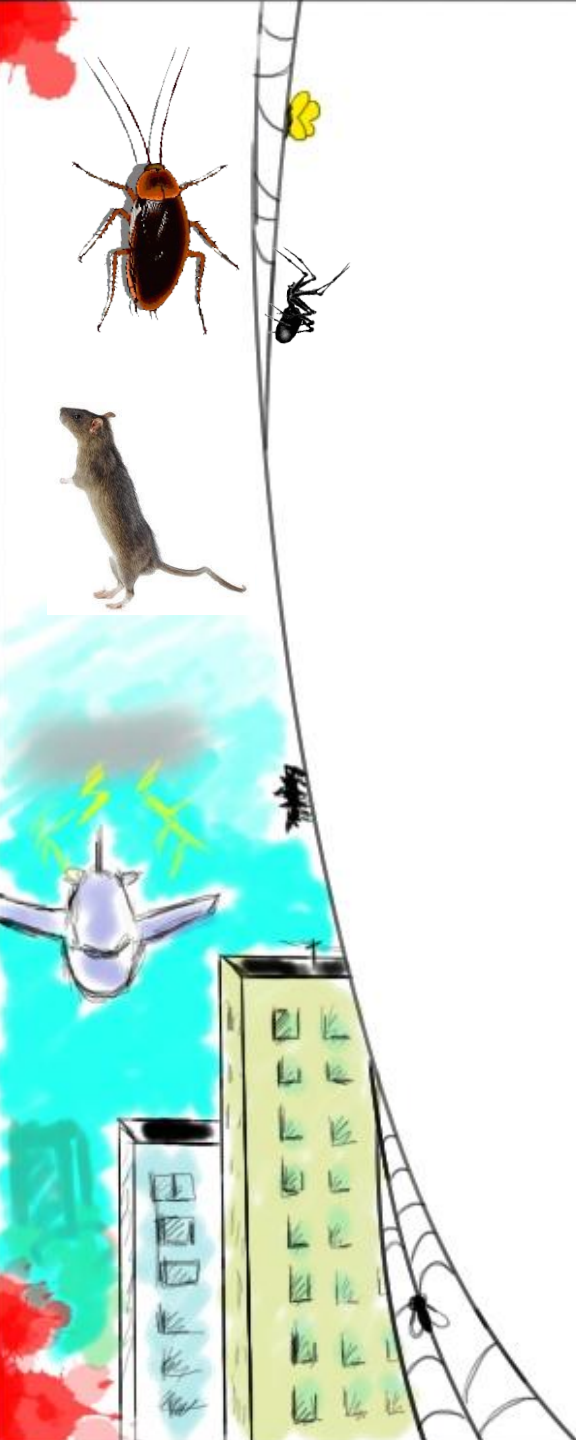


What Is Fear?

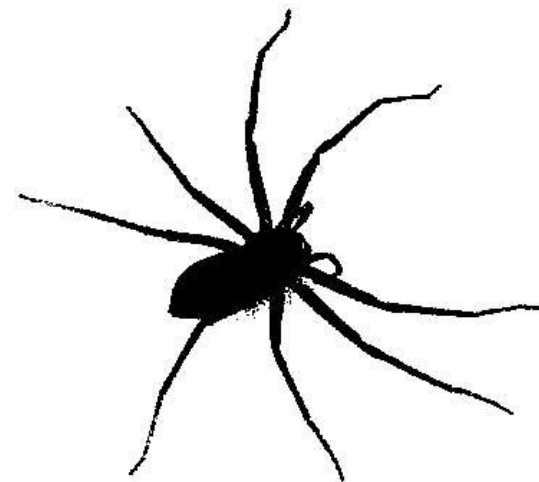
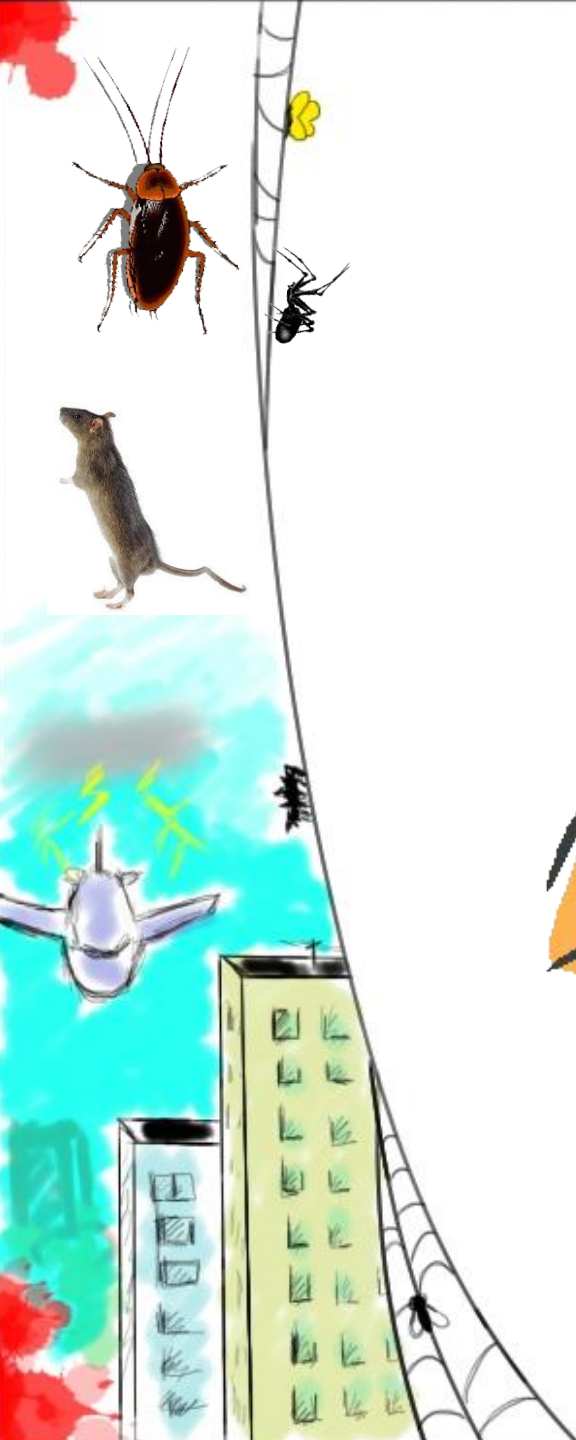
Fear is one of the most basic human emotions.



How Fear Works



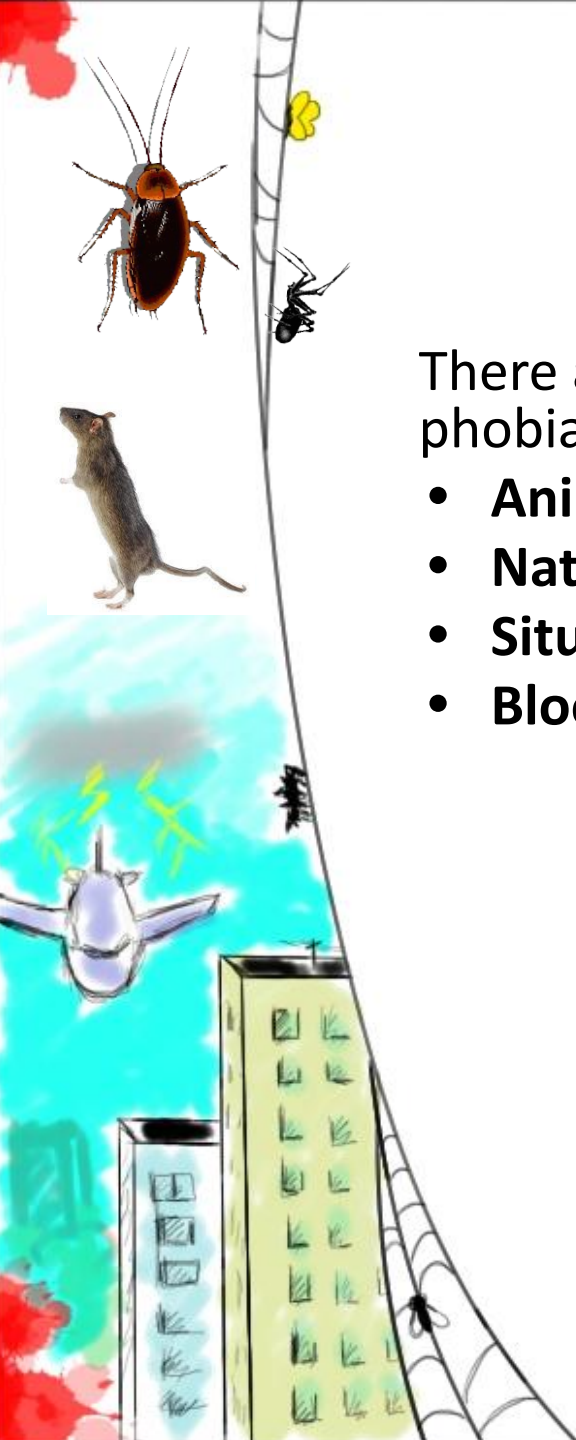
Phobia



Phobia

There are four general types of phobias and fears:

- **Animal phobias.**
- **Natural environment phobias.**
- **Situational phobias.**
- **Blood-Injection-Injury phobia.**



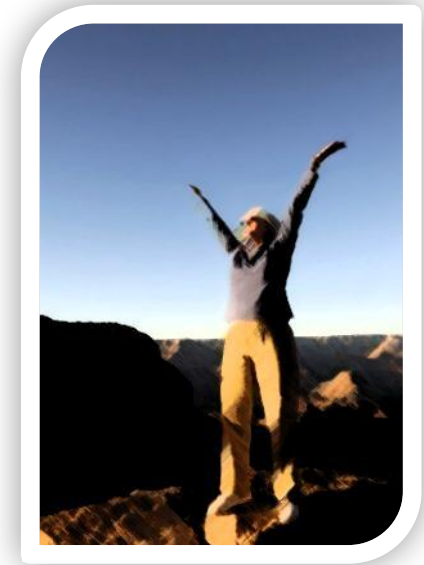
Phobia

How Do People Get Phobias?



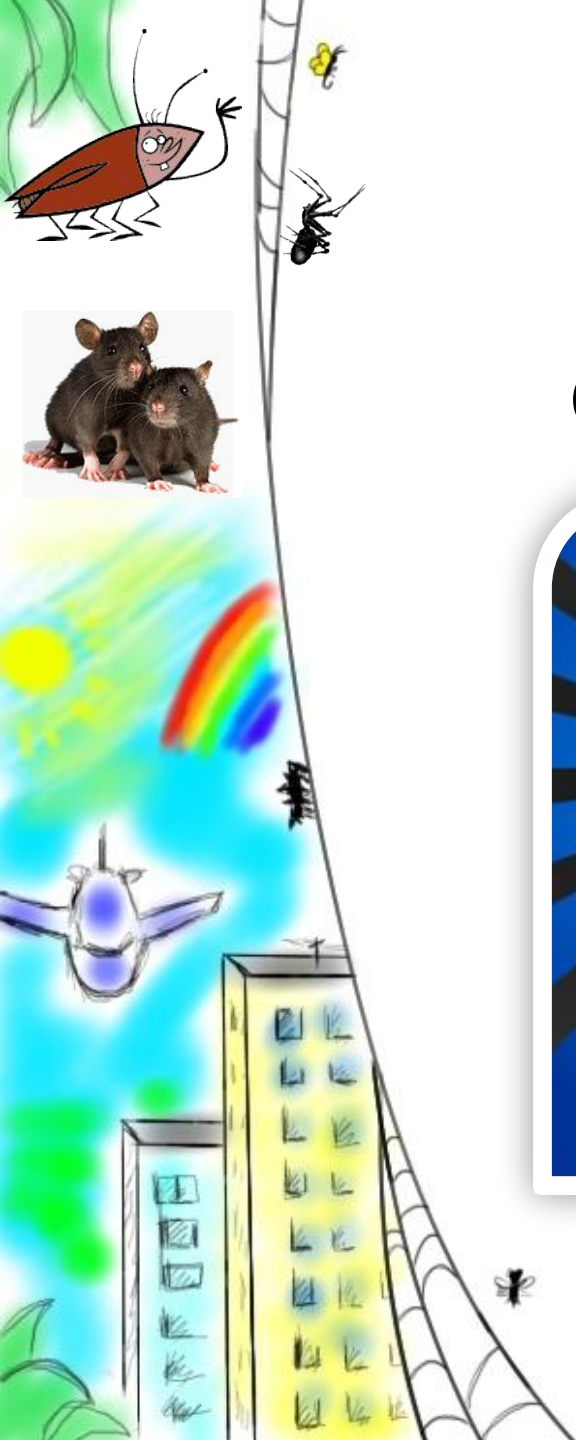
Lessons of treatment

This Isn't Happening! Denial or Avoidance



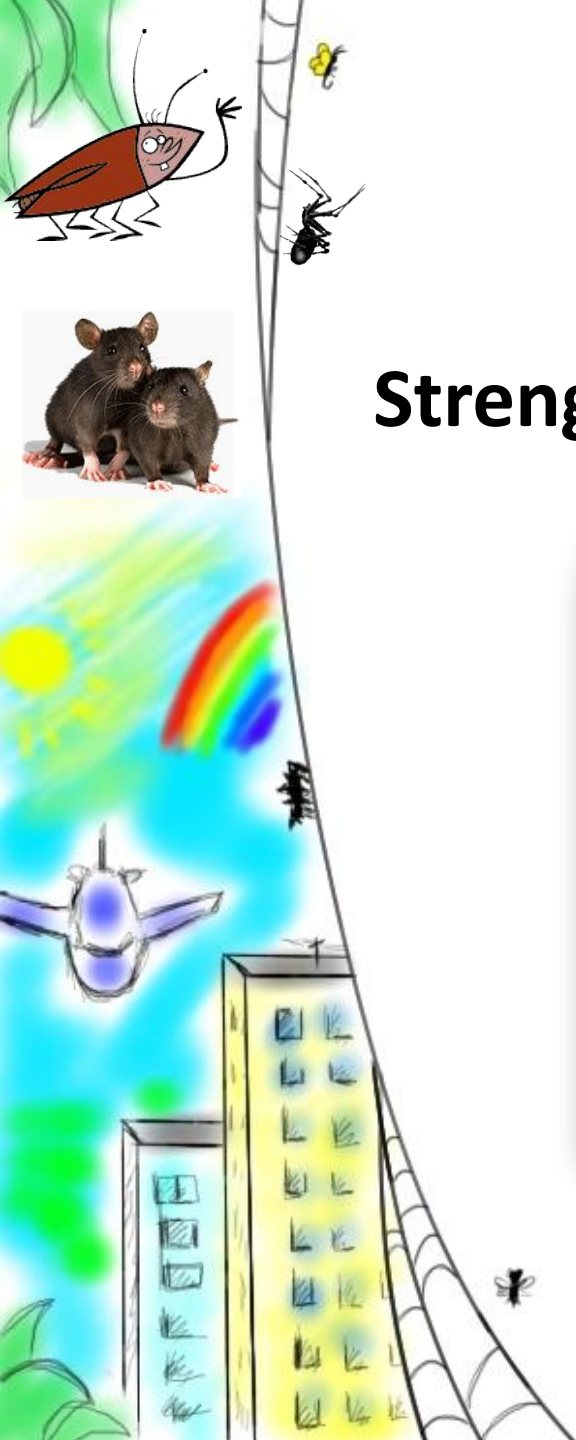
Lessons of treatment

Challenge negative thoughts



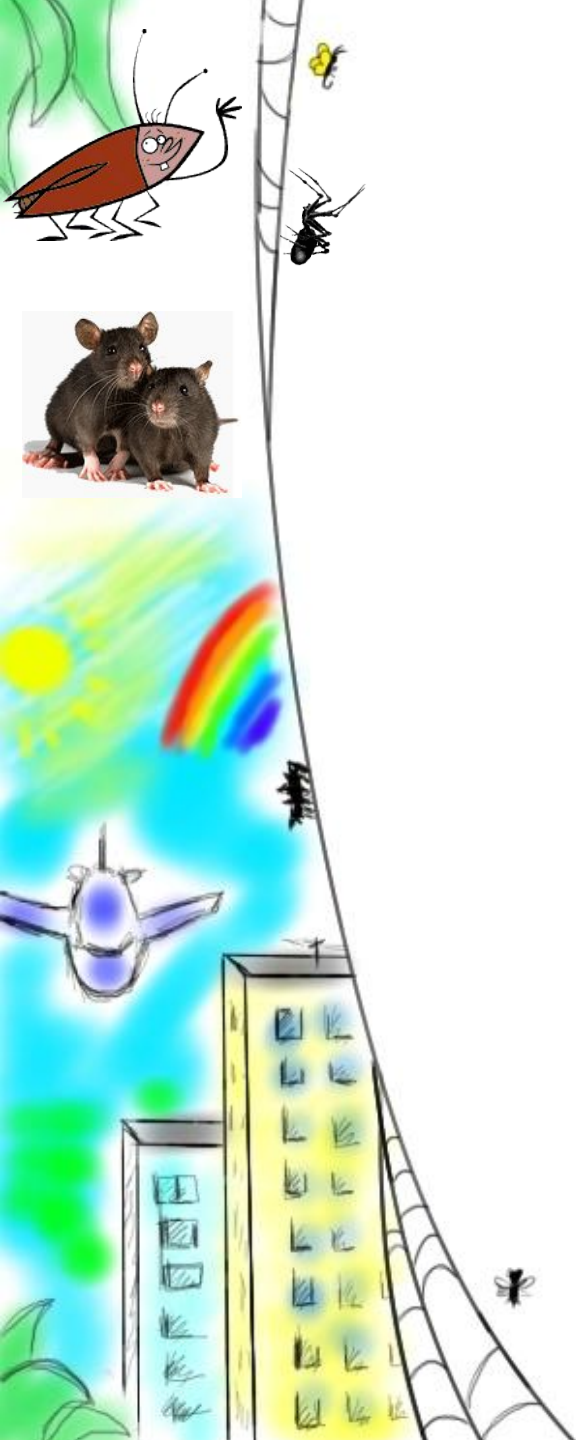
Lessons of treatment

Strength in Numbers - Support Groups



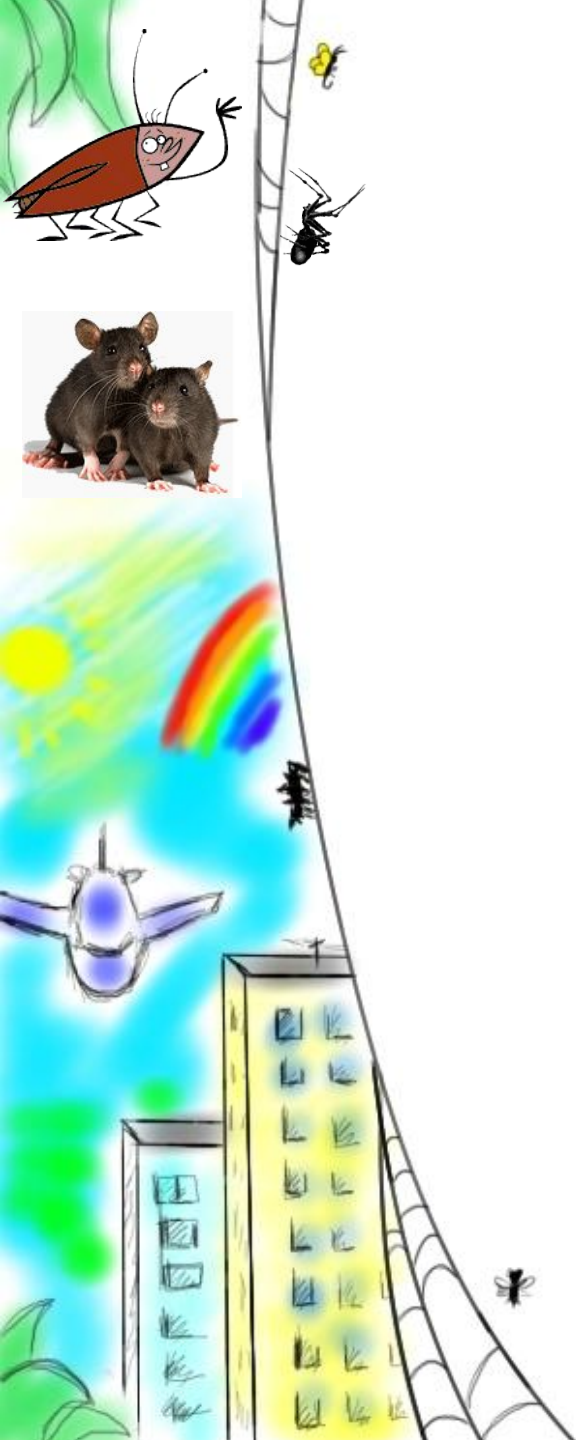
Lessons of treatment

Self-support Techniques



Lessons of treatment

Learn relaxation techniques



Lessons of treatment

Creating a step-by-step list



For Example:

Facing a Fear of Flying

Step 1: Look at photos of planes.

Step 2: Watch a video of a plane in flight.

Step 3: Watch real planes take off.

Step 4: Book a plane ticket.

Step 5: Pack for your flight.

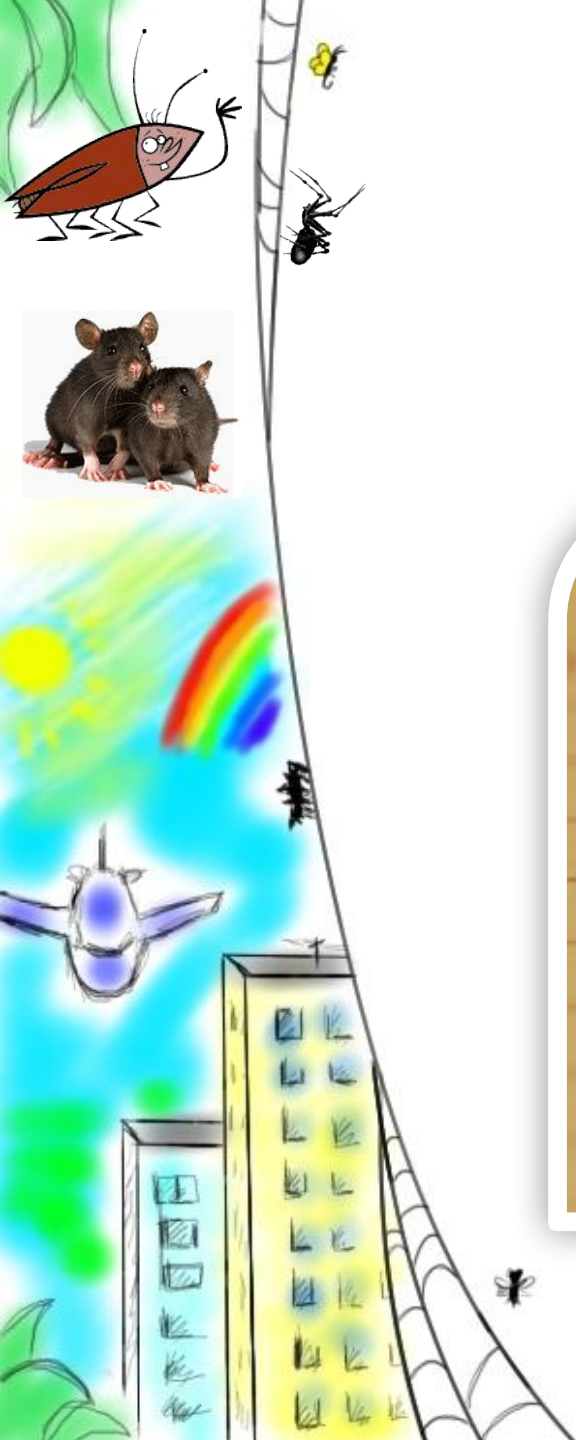
Step 6: Drive to the airport.

Step 7: Check in for your flight.

Step 8: Wait for boarding.

Step 9: Get on the plane.

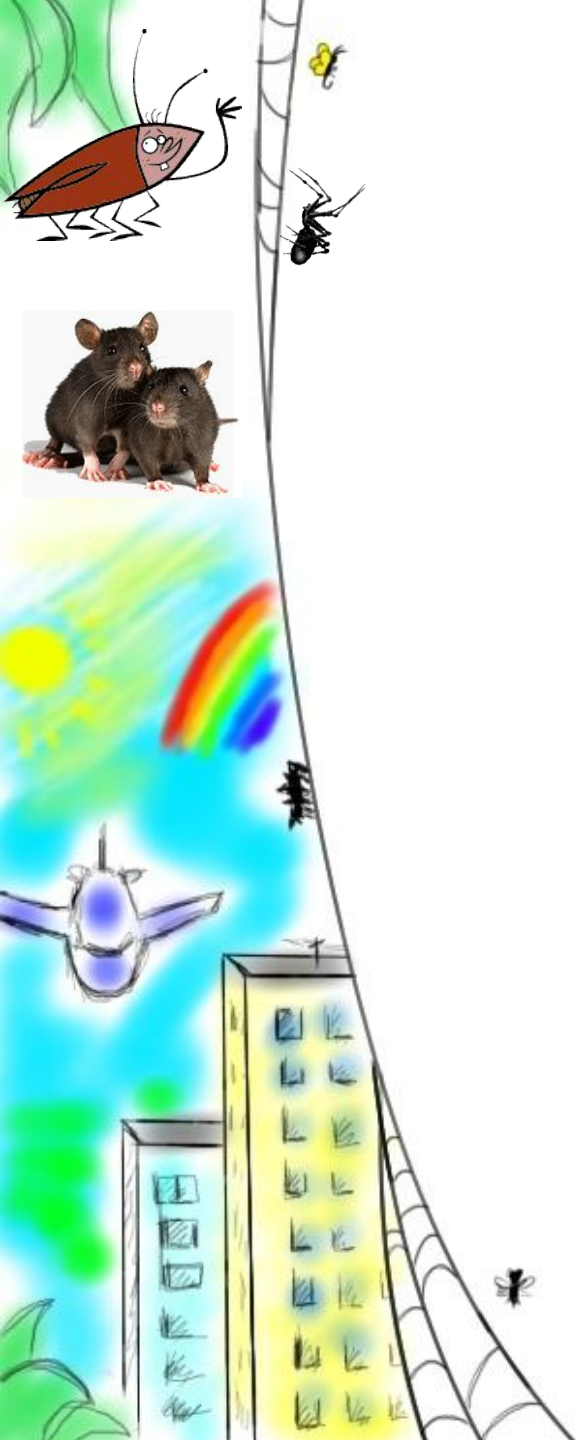
Step 10: Take the flight.



Lessons of treatment

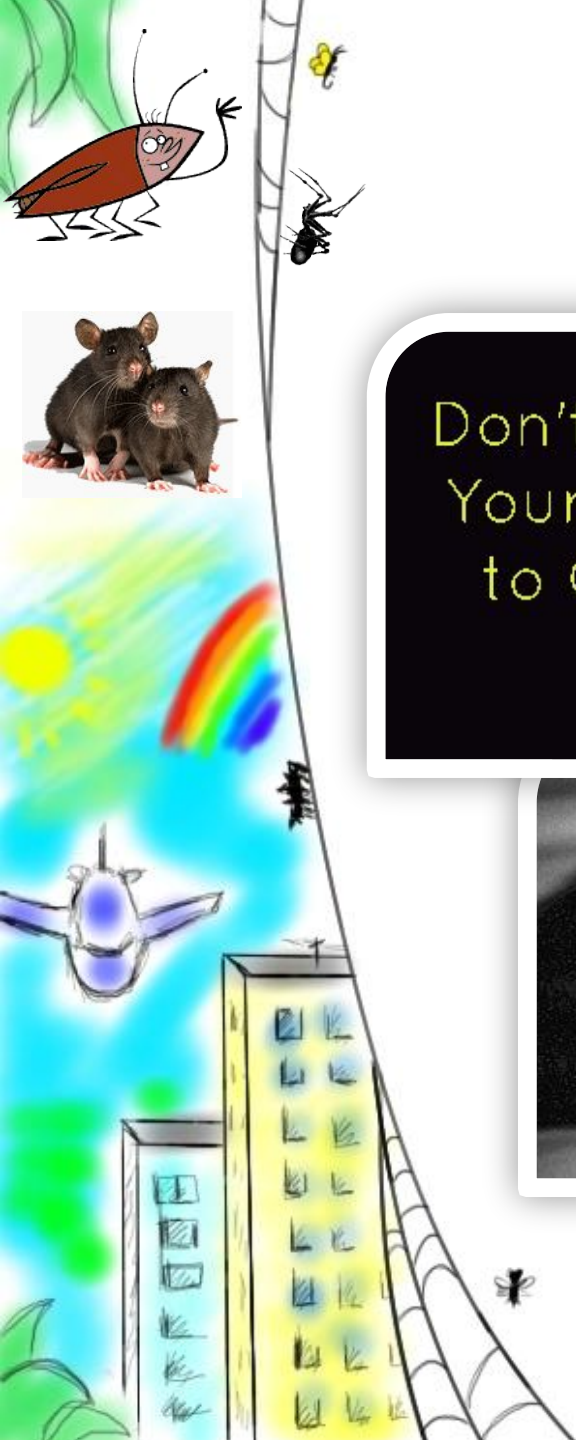
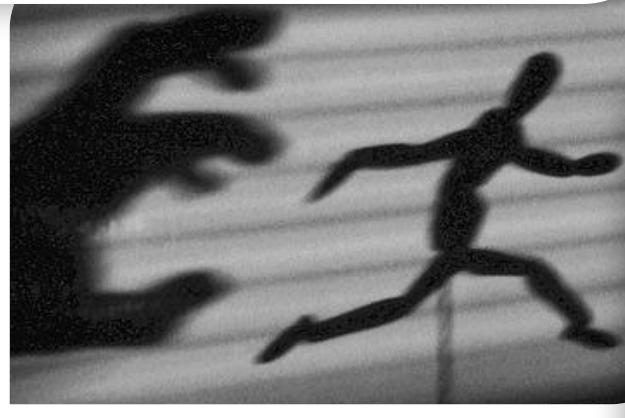
Cognitive Behavior Therapy

Thoughts
become
things



Conclusion

Don't let Fear Control
Your Life. Learn How
to Overcome Your
Fear...



Thank you for
Your
attention!

