

# Fight or flight

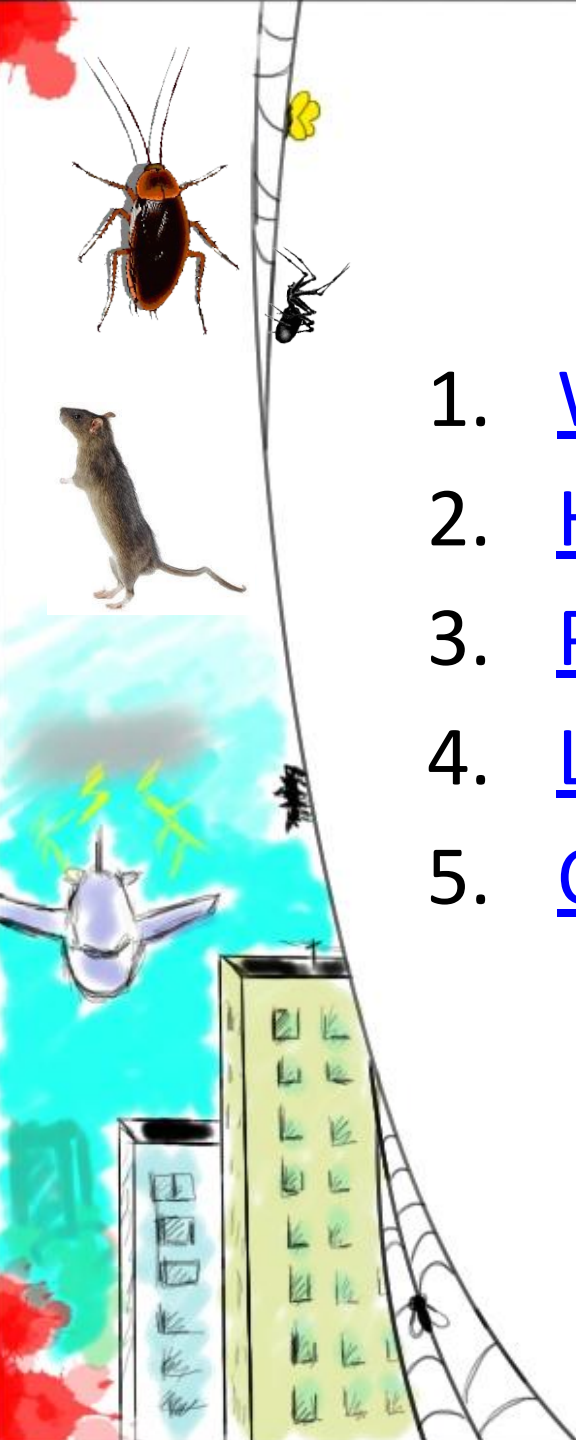


PRESENTATION  
PREPARED BY  
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HANA LINH



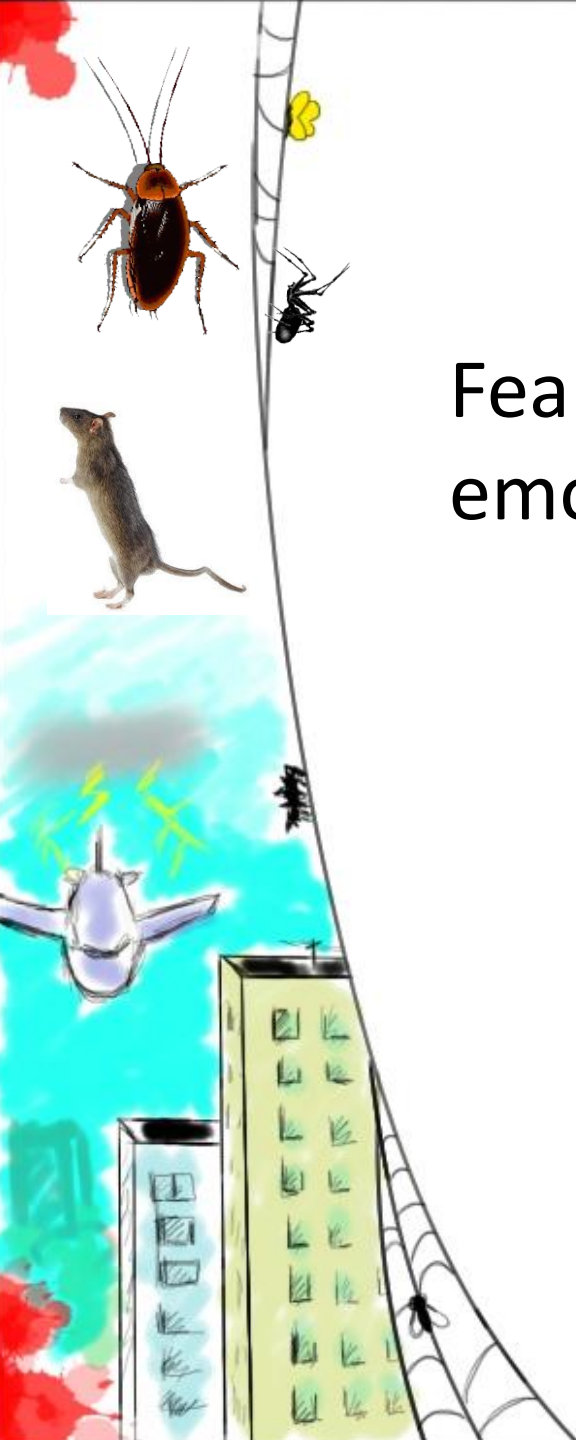
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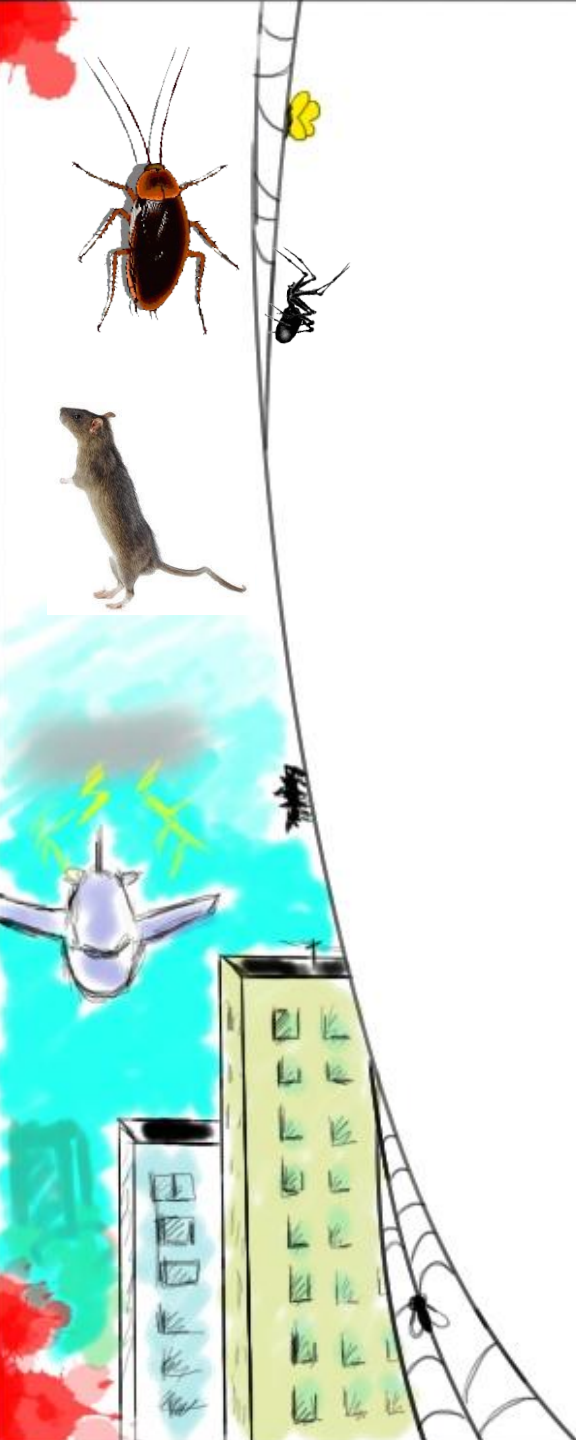


# What Is Fear?

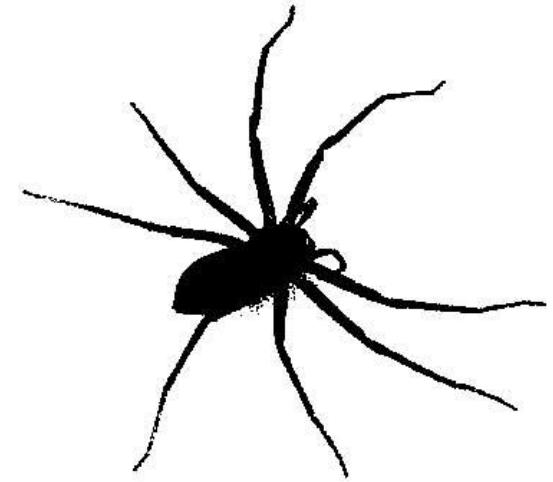
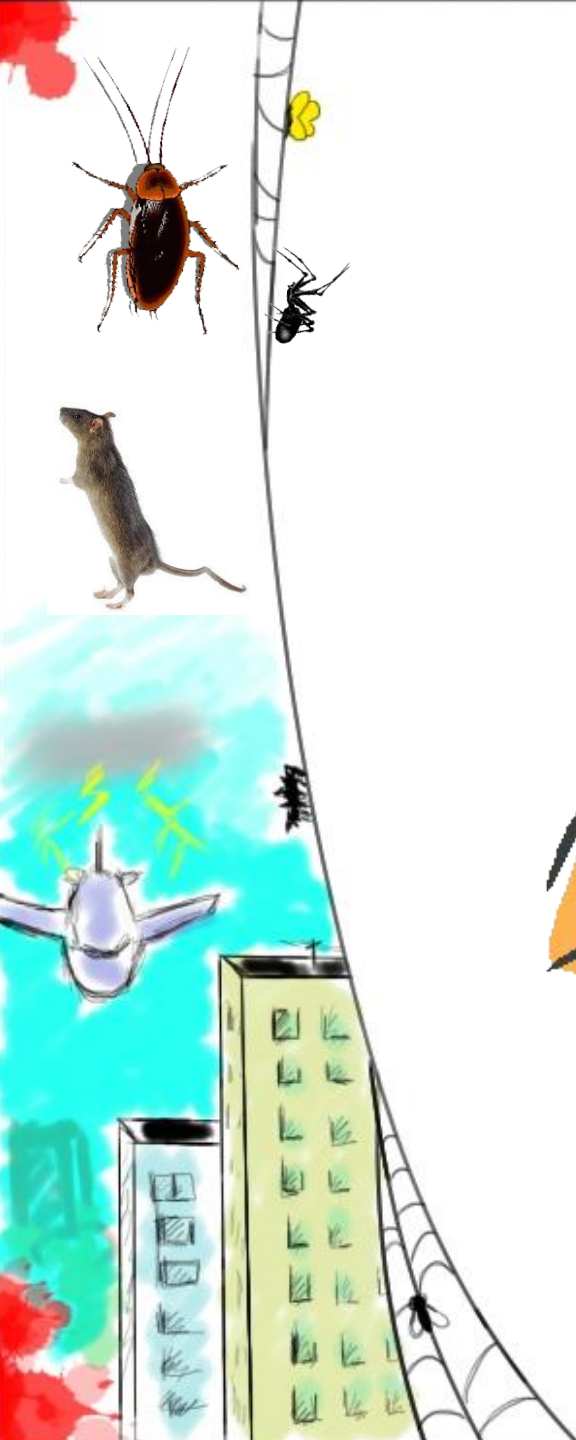
Fear is one of the most basic human emotions.



# How Fear Works



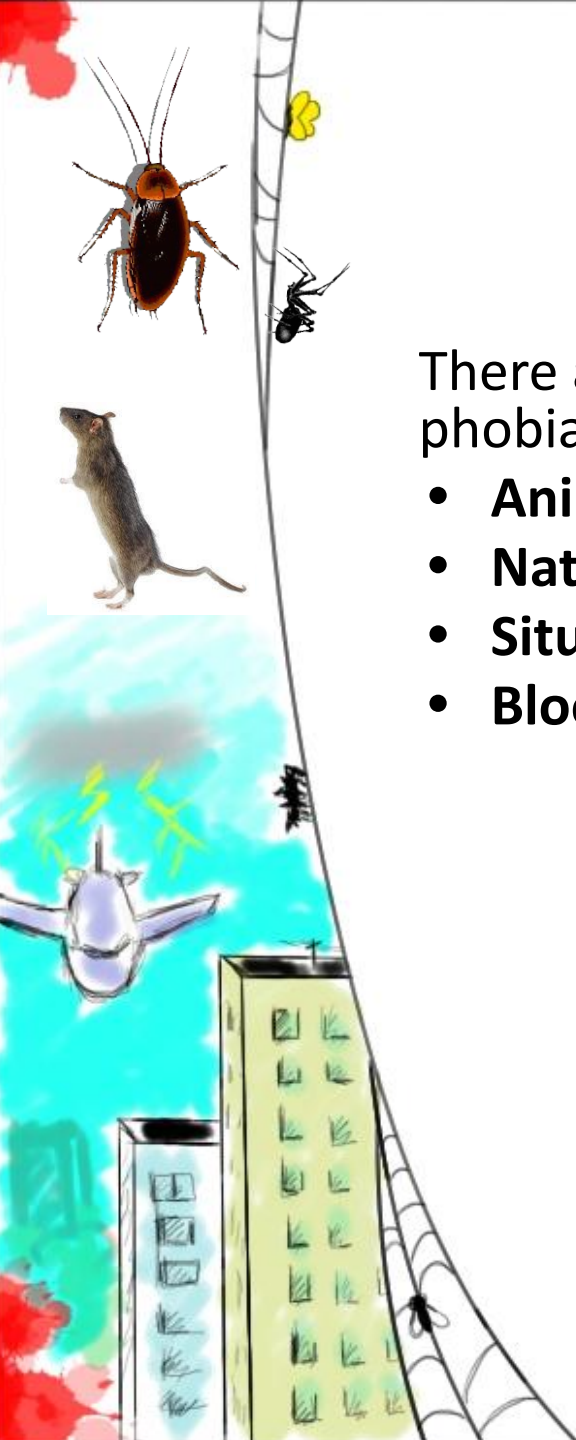
# Phobia



# Phobia

There are four general types of phobias and fears:

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



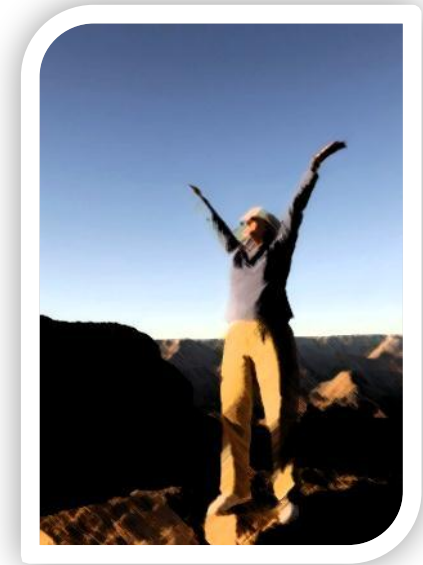
# Phobia

How Do People Get Phobias?



# Lessons of treatment

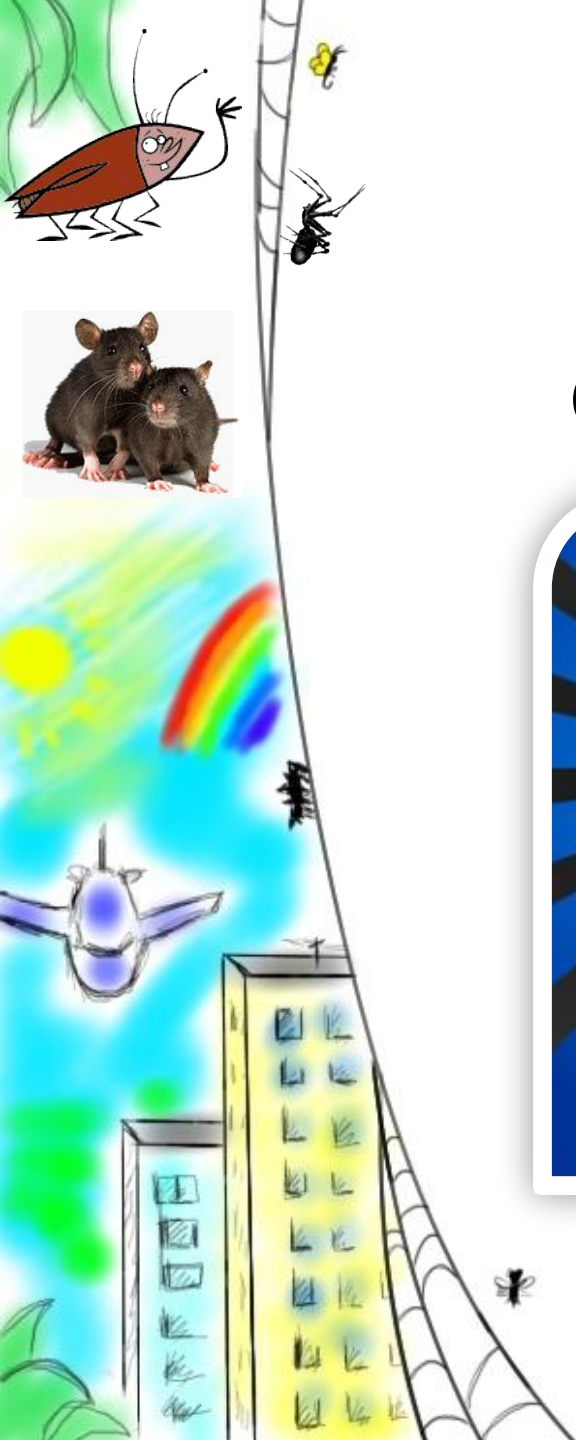
**This Isn't Happening! Denial or Avoidance**





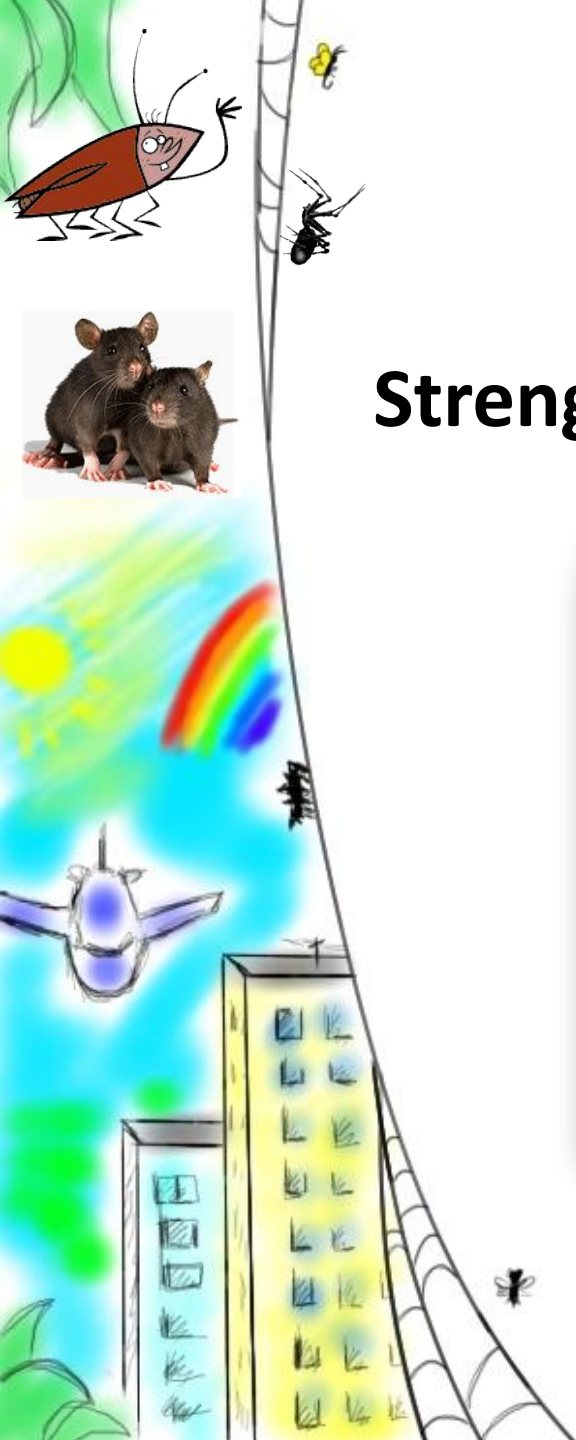
# Lessons of treatment

## Challenge negative thoughts



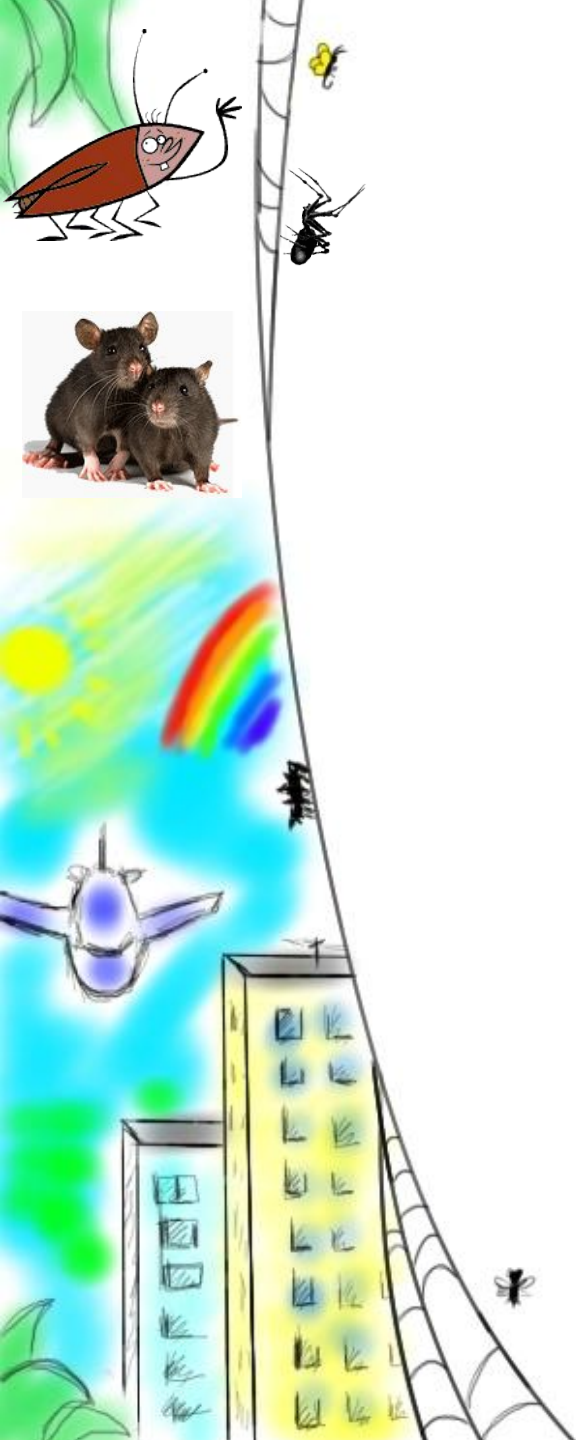
# Lessons of treatment

## Strength in Numbers - Support Groups



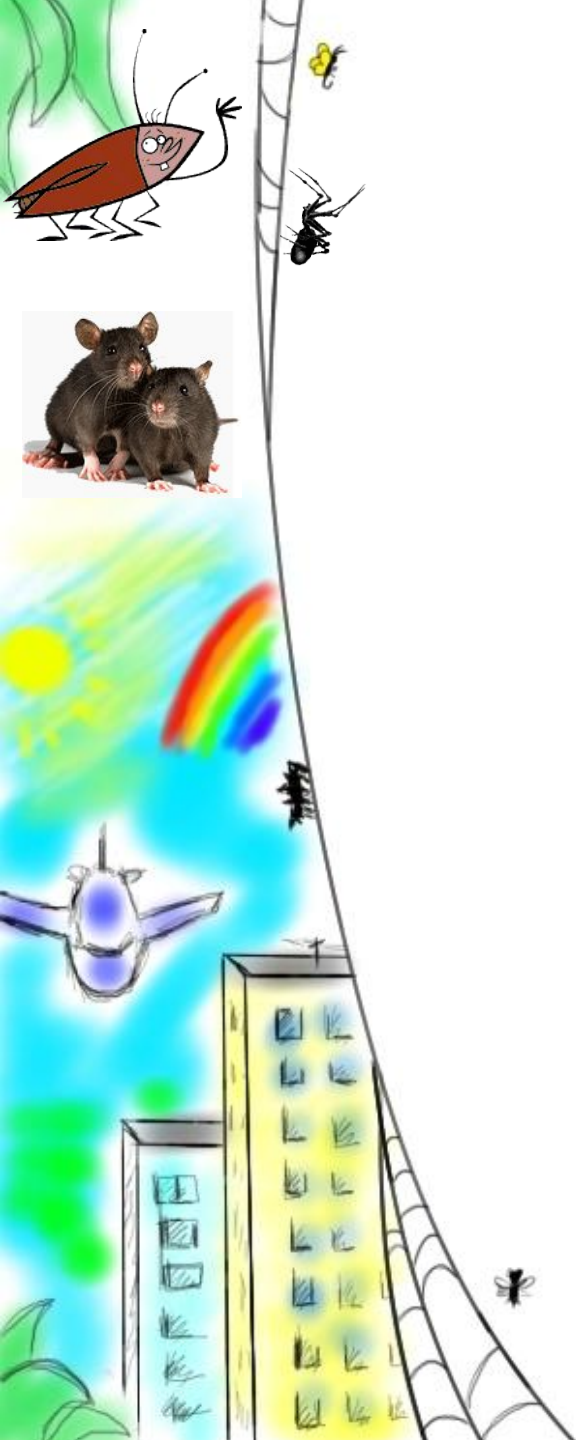
# Lessons of treatment

## 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.*

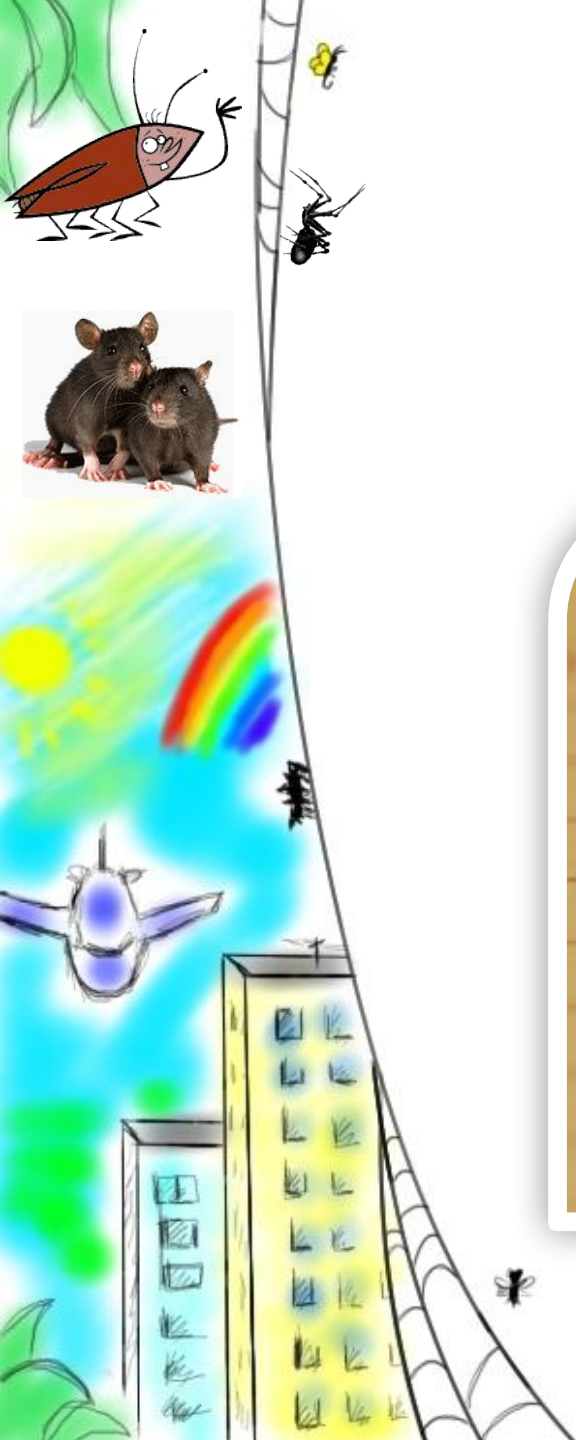
*Step 6: Drive to the airport.*

*Step 7: Check in for your flight.*

*Step 8: Wait for boarding.*

*Step 9: Get on the plane.*

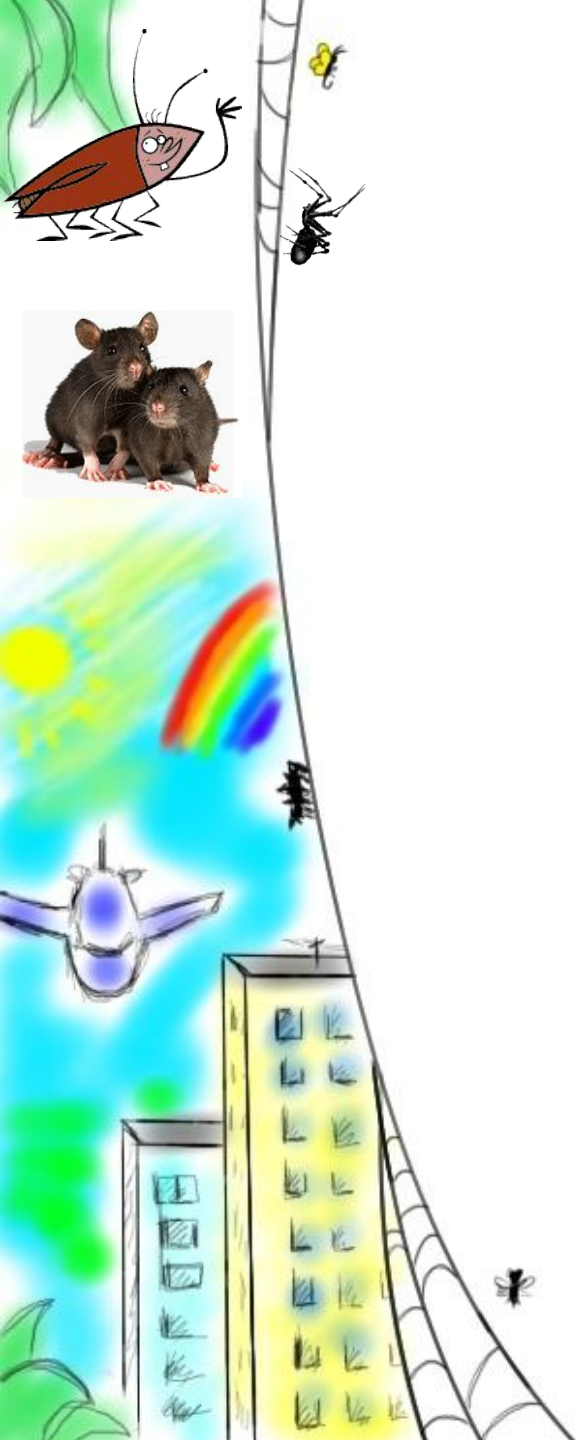
*Step 10: Take the flight.*



# Lessons of treatment

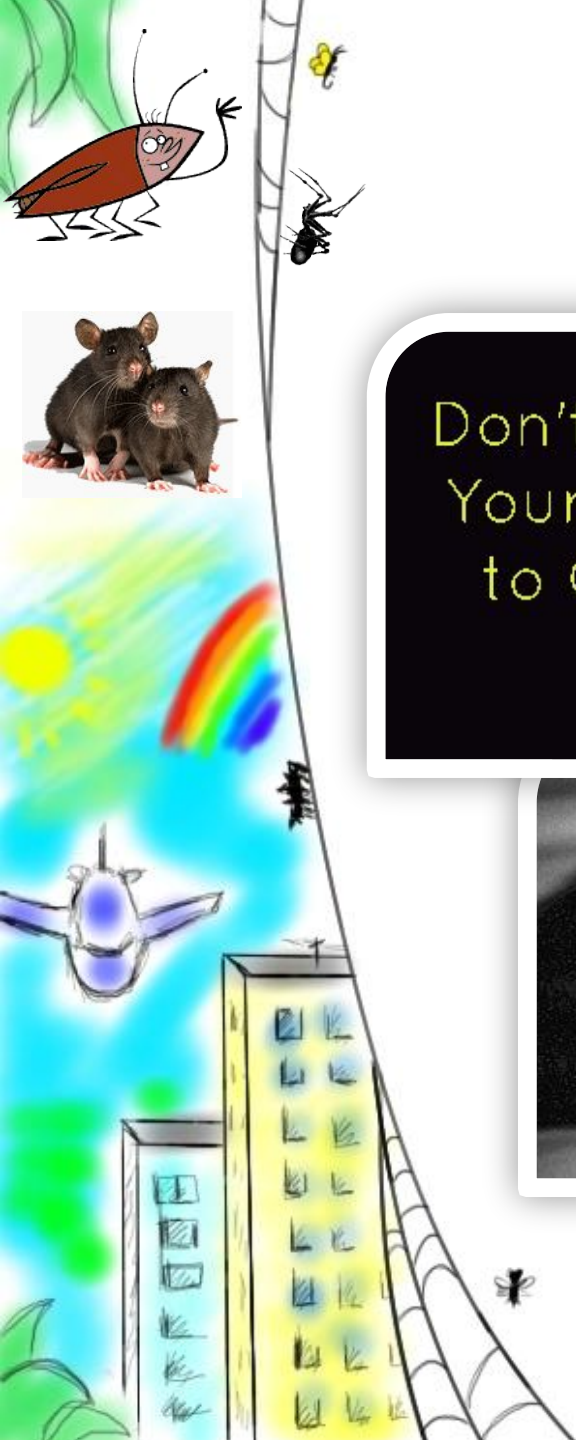
## Cognitive Behavior Therapy

Thoughts  
become  
things



# Conclusion

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



Thank you for  
Your  
attention!

