

PHOBIAS



A phobia is a significant fear or anxiety about a specific object or situation. The object or situation almost always provokes immediate fear or anxiety.

Symptoms may include avoidance, fleeing, emotional distress, crying, tantrums, freezing, or clinging.



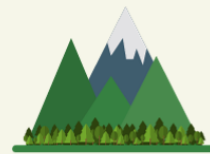
Phobias can include fears of:



Bugs



Flying



Heights



Injections



Animals



Seeing Blood

The most effective treatment for phobias is exposure therapy. Exposure therapy focuses on changing your response to the object or situation that you fear.



For more information and treatment options, visit www.drbrinnaallen.com