

Many people suffer from crippling phobias that can have a huge impact on their quality of life. These phobias can make people house bound, cause social isolation, create occupational and educational difficulties, marriage breakup, family breakdown, poverty, stunt potential etc.

Some Phobia is caused by our thinking. It is caused by us having thoughts about the repeating of past- events that have been traumatic in nature causing us to avoid certain situations or settings that are reminiscent of these bad past experiences. Some phobias are instinctive with no past event that one can link the phobia to. An example of this would be someone's phobia of house spiders, however, an example of phobia that one can link a past event to would be a phobia of driving, due to a near or actual accident that someone had in the past. Phobia can range from mild to severe where it has a crippling effect on your life. Phobia can become so strong that it meets the diagnostic criteria for 'Post Traumatic Stress Disorder' if its development can be related to a past event that involved near death.

It is our thoughts that create our emotions, that cause us to make the decisions that we make. In the case of phobia the decision we make is AVOIDANCE, which only reinforces the phobia, making the phobia stronger, more crippling and harder to treat. Phobia becomes what is called a 'Vicious Symptom Cycle' where unhelpful phobic thoughts cause fear, that causes Avoidance, reducing confidence; thus, encouraging more unwanted thoughts, causing greater fear, causing avoidance, causing further reduced confidence, and so on; causing a greater reliance on Avoidance each time the cycle goes round. This cycle can be defused and the phobia eliminated by changing our thinking.

The unhelpful thinking that reinforces phobia can be found in our internal mental imagery, inner dialogue, reflection on past and anticipating of distressing outcomes. It is this thinking that can be eliminated through teaching our clients the use of cognitive therapies thus conquering the phobia. Phobia is an anxiety disorder which Cognitive Harness would anticipate being cured over a matter of a few weeks of morning and night mental exercises before exposure to phobic situation or setting.

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'PHOBIA SYMPTOM SELF- MANAGEMENT COURSE'**