

What is a phobia?

The distinction generally made is that a fear is rational and when fear becomes irrational it is a phobia. An irrational fear is driven by emotions, which is why willpower, facts and reassurance tend to have little impact.

Some years ago, Embarrassing Bodies Dr Pixie faced her spider phobia on Channel 4 (2011, YouTube). She subjected herself to exposure to her worst fear in order to conquer it through several hours of treatment.

What if..... an hour's successful treatment without exposure to the phobia was available?

Phobias affect 1;10 people at some time in their lives with women twice as likely to experience a phobia than men. The average age for a phobia is mid-twenties although a phobia can develop at any age to anybody, and phobias can easily develop in childhood when around an anxious or fearful adult or members of their peer group. No one needs to have to 'learn to live with' a phobia whether they are the person with the phobia or affected by someone living with an irrational fear.

The most common phobias are spiders and social phobias. One of the least common phobias is Anatidaephobia – the fear that somewhere, somehow a duck is watching and a phobia of our times is Nomo-phobia, the fear of being out of mobile phone contact.

The famous are not exempt with Jonny Depp reportedly having Coulrophobia - (the fear of clowns), Justin Timberlake - Arachnophobia (spiders and snakes) and Scarlett Johnson - Ornithophobia (birds).

A phobia is not an illness and is not due to a lack of willpower, 'moral fibre' or lack of determination. A fear becomes a phobia when social interaction and quality of life are affected no matter what the age, gender, or ethnicity of the person. There is a way to successfully deal with a phobia in a positive and proactive manner and here is how it is done...

The fast phobia model is based on a Neuro-Linguistic Programming technique (NLP) that allows the brain to rewire the response to the phobia and thus remove the old strategy without exposure to the phobia stimulus. It is a rapid effective intervention for a phobia and is used with great success.

So, what if your life could be turned around by removing an old phobic strategy and allow your quality of life to be enhanced in all walks of your life?

Does that feel like it would be a great result?

Can you hear yourself enjoying life again?

Do you have a picture of the new you without the phobia?

Want to take it further... then call Maple Tree House for a free telephone consultation or [contact us](#).

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