

E BOOK ON
Fear & Phobias

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We always come across things that can hurt us, are seriously problematic, and generate fear in our hearts.

You may undoubtedly turn away from seeing a deeper tunnel, say 'no' to going into certain high places, or even dislike working in busier spaces.

Their impact is such that we try to skip off, try to hide, or feel pressure when seeing or hearing about them, which shows on our faces or in our emotions.

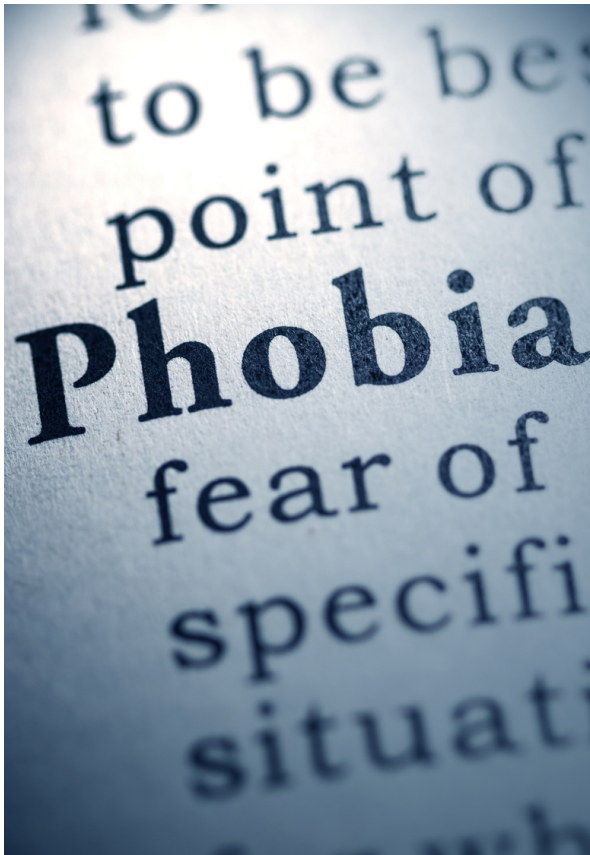
Fearing that certain things that are more powerful can harm you or considering them a threat is expected, as they can make you shake or affect your thinking process naturally.

In cases of phobias, things are entirely different, where you may have to face fears related to specific places, objects, causes, people, or even animals, which will cause you to be afraid.

Suppose you have a simple fear of spiders or rats in your childhood. In that case, it starts to build in your mind, and every time you witness such creatures at an early age, you run away or try to hide due to fear of them.

These may be shorter examples of phobias, but they can expand to many critical and dangerous stages, which you must counter and balance by making suitable adjustments in your life.

Knowing the core elements of such emotional pressure and why it constantly happens helps you focus on a given point in time and ensure you remain better protected and cared for.



Meaning

The meaning of phobias can differ or change with the impact of fear and how it is influenced by person to person.

You may fear specific ideas, but you may not fear particular positions, places, or animals, so they can't be directly brought up as part of phobias.

It may also be possible that you had phobias from smaller objects at some point in time, but now they are not as effective as you have overcome them.

Phobias occur in human life when fear of specific objects, places, or oneself becomes permanent. It is harder to escape and you keep fearing it.

It is a mental state that becomes the focus of human consciousness when such a threat is present.

Researchers attribute the development of any phobia to growing from a particular fear at the ground level. It is affirmed that it comes from a cerebral hemisphere in our brain called the Amygdala, which is mainly responsible for controlling emotions.

This oval-shaped hemisphere allows control of the emotions channel in the brain to regulate and balance them. However, if specific ideological conditioning affects it, fear transforms into a phobia.

Once the channeling of emotions becomes disrupted, thought processes become fixated on specific elemental problems and record such transmissions. Then our brain becomes habitual in reacting to fear.



Most phobias fall under anxiety disorders, which bring more pressure. You can experience anticipatory anxiety or a direct sense of discomfort that can grip you. Therefore, it is prudent to start calming down and staying focused.

Symptoms

Phobias can affect you at a very early age or develop later in life, but there are a few intense symptoms by which you can identify them in the primary stage and manage them effectively.

It is essential to know about the symptoms that define phobias or the fear of them, as they can affect you at some point in time, so you can stand stronger.

Unsteadiness or lightheadedness

This is the first symptom where you will not feel right or in the right mental state, and it directly affects how you will go about your daily routine with diminished energy.

- Slower response when confronted with fear
- Lack of focus or concentration on your daily life schedule
- Lack of influence with others
- Impact of sudden talk about such fear.

Nausea

This is more critical than feeling unsteady, as it can make you frustrated, physically uncomfortable, and nauseous.

- Getting edgy when discussing specific items
- Level of anxiety leading to nausea
- Possible lack of commitment
- Pressure situations that make you feel dizzy

Sweating

Things start to become more critical if you start to sweat when hearing sounds, going out in public, facing a challenge, or being unable to speak in certain situations.



- Breaking into a sweat when reacting
- Sweat passing onto your palms as you try to rub it off
- Beads of sweat on the forehead when hearing a particular sound
- Rush of sweat when arriving at a specific place

Increased heart rate

This is another way to recognize phobias or the sudden rush of fear with specific triggers, where your heart rate may undoubtedly increase with palpitations.

- Rise in heartbeat due to a specific animal in sight
- Heartbeat increasing when entering a place
- Faster heartbeats that you can't control easily
- Chest pain due to a rapid heartbeat caused by a particular fear

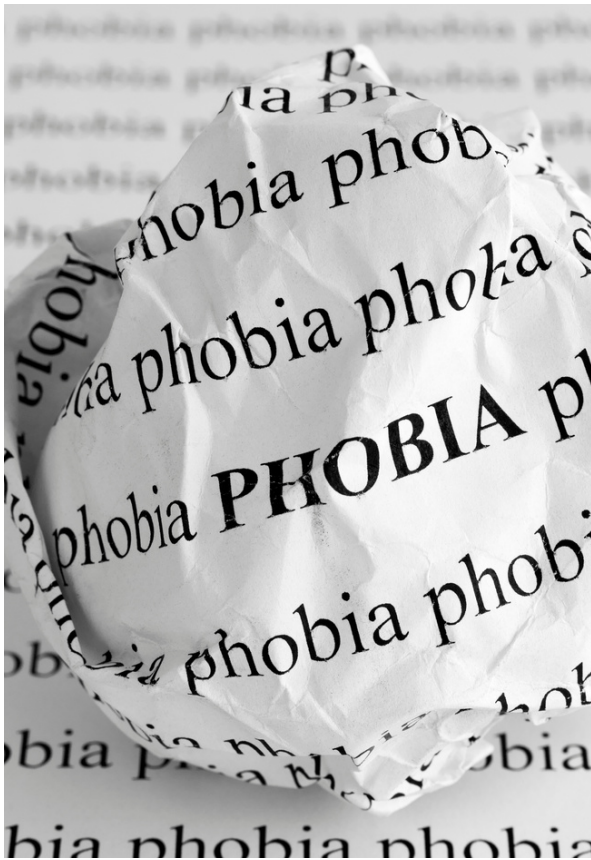
Trembling or shaking

This is one more symptom of a phobia where your body becomes so anxious that you tremble or shake heavily in fear.

- Legs moving without much control
- Trembling hands or shaking head
- Sudden surge of panic in your mind, shaking you completely
- Out-of-control movement of the body with sudden fear

Phobias can affect you in various ways. They can manifest as a fear of living beings, be associated with specific situations, or be connected to objects of fear.

If you can identify how these symptoms start to affect you, the level at which your mind has accepted fear, and how to negate it, then it does help to go through a proper diagnosis to work out such phobia.



Causes

No direct causes can affect or influence your mind to experience fear. It depends on how you have grown and the environment you have been exposed to, which can be the main factor in developing fear.

The severity, potential impact, and stages you have gone through can worsen fear. It also depends on the types of places you have been avoiding regularly or things that disturb your thoughts.

Your maturity in specific issues, how you react, and whether your mind is capable of handling such aspects or not, determine your ability to recognize fears and overcome them.

There are specific causes that can create fear. Their presence or impact on your life can increase your worries and, with enough time to dwell on them, can develop into a phobia.

● **Past experiences**

This may be the first cause, where specific memories from the past hinder or affect you, bringing back fear associated with certain elements or objects.

The fear of animals, for example, can be influenced by past experiences with larger animals or witnessing them in a threatening manner.

● **Traumatic events**

This is a more serious issue that can influence the development of phobias. If you have experienced traumatic situations involving specific objects or sources, it can have a profound effect on you.



For example, if you have fallen from stairs, almost drowned in a lake, or had broken limbs during an accident, you may develop a fear of heights or deep water that continues to affect your mind.

● Genetic predisposition

This is another significant cause of phobias. If your parents or other family members have a phobia, it can be passed down through genetic coding.

Your mind starts to react in a way that you may not understand, and the problem with this type of pressure is that you may not know why you experience a certain level of fear regularly, with your amygdala constantly signaling it to your brain.

● Environmental factors

This can be another cause of phobias, where your life is subjected to certain pressures. You may either avoid certain groups or be forced to live in an environment that is inherently distressing.

For example, you may develop a fear of loud noises, crowds of people, or public speaking due to the constant exposure to these elements in your daily life.

Identifying the causes of fear can vary in terms of their impact, how your mind reacts to them, and at what level they become a more severe situation, transforming your fear into constant worry and eventually developing into a full-blown phobia.

It would help if you looked to come out so that it may give you hope to live a better life and to lead proper ways that can give you the energy to check the scope of fear and prepare your brain for it.



Treatments

Treating any mental concern is crucial as it helps you address specific problems, restore your mind to a better state, and find the strength to overcome them.

Treating phobias is not easy as there is no direct medical treatment, but there are medical solutions that can give you the energy to face your fears and overcome them.

- **Brainstorm exercise:** This is one possible option to treat phobias. You can engage in specific talking exercises to understand how they work in order to overcome your fears.
- **Mind therapies:** Taking it one step further, especially for those with agoraphobia or social phobia, mind therapies can help you feel better and overcome your specific fears.
- **Variants of yoga:** Another option is to start with simpler yoga poses and gradually progress to more challenging ones. You can also focus on poses that address the specific fear that worries you the most.
- **Hypnotherapy:** You can visit a psychologist for hypnotherapy, where they use hypnosis to help you reach a state of calmness and ultimately recover from your fears.

It is natural to fear certain things that can harm you, cause pain, or create a sense of urgency. However, when these fears persist in your mind for a long time and become difficult to cope with, they can develop into phobias.

By learning to face your fears and adapting to them, you can better handle more challenging situations and alleviate the pressure they bring. This can ultimately lead to a more fulfilling life by overcoming the problems caused by phobias.