



Free Yourself from the Fear of Phobia

by
Peter Field

No one was born with a phobia and no one was born to live their life with the fear of phobia. But what exactly is a phobia?

Phobias are conditioned fears that are acquired on the individual's life journey – a consequence of a frightening experience through which the phobic person has passed.

Such an experience may have been undergone by the individual him or herself – often, though not always, in childhood – or it may have been a response to another person's phobic response.

Children who observe a parent wince and grimace when a snake appears on television, for example, can very quickly pick up the fear and internalize it themselves.

Phobias are in fact a very common form of anxiety disorder that vary in severity and intensity from individual to individual.

Most people are familiar with the more common phobias such as the fear of spiders (arachnophobia) and the fear of flying (aviophobia), but it is possible to be phobic about almost anything, from velvet (haptodysphoria) to clowns (coulrophobia).

In fact, there are well over five hundred named and recognized phobias.

Almost everyone who experiences the frustrating and inhibiting effects of a phobia is very well aware that it is irrational.

At some time, most have tried their very best to rid themselves of their fears and phobias, gritting their teeth and using all of their courage to conquer their fear, but still those scared feelings remain.

This simply engenders feelings of powerlessness that serve to reinforce and confirm the phobia and to enhance the fearful feelings. Try as they might, the phobic person feels powerless to override their fear.

The most common coping strategy, and one that most phobic people adopt, is simply to try their very best to avoid the cause of the fearful feelings. The problem with this is that not only are many phobic triggers unavoidable, but avoidance simply serves to reinforce the fear, to more deeply entrench the phobia itself.

While it may be relatively easy for the city-dwelling snake phobic to avoid snakes, for instance, it isn't so easy for the water phobic person to avoid water, or for the arachnophobe to always avoid spiders.

The only phobia that is regularly treated as a medical condition is agoraphobia – the fear of open spaces, public places and crowds etc. Often the medical response is to prescribe anti-anxiety drugs, perhaps combined with a course of cognitive behavioural therapy in order to cope with the symptoms. But there is a better way of treating both this and other phobias. There is a really effective phobia treatment and phobia cure and that is through advanced transformational hypnotherapy.

The fact is that a phobia is a fear and fear is a feeling. Now, the home and repository of all feelings is the subconscious mind, and so it is to the subconscious mind that we must turn in order to bring about a phobia cure.

As mentioned already, phobias are acquired through undergoing a frightening experience – a perceived danger - in the individual's past.

What has happened is that the subconscious mind has locked itself into a strategy that it believes will prevent the individual from putting him or herself into such danger again, and so it generates fear in an attempt to keep the individual safe.

It is using fear as a means of protecting the person.

But of course it has got it wrong.

With correctly applied advanced transformational hypnosis, we can reach down to deep within the subconscious mind and uncover the 'program' that the individual is working to. This accomplished, we can re-write the program, change the script, so that the subconscious mind releases its strangle hold and frees the person from irrational fear.

In the hands of a fully qualified and experienced advanced transformational hypnotherapist, this can very often be accomplished in as little as two or three sessions.

If you or someone you care about suffer from the inhibiting and fearful affects of a phobia, do not despair, with the right kind of hypnotherapy you can again live your life as you were meant to live it – free of fears and phobias.

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