



Enhance your **M**otivation....

Become more **O**ptimistic....

Improve your **R**elationships....

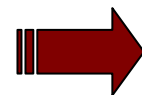
Maximize your **E**njoyment in all ways....

What Do You Know About Getting Over a Phobia?

The following True/False questions are designed to reveal what you really know about phobias:

- _____ Of the different types of anxiety disorders, phobias are the most common.
- _____ Phobia statistics indicate that approximately 1 in 20 suffer from phobias.
- _____ Approximately 1.9 million people have *specific* phobias, such as crossing bridges or going through tunnels.
- _____ Arachnophobia is the most common phobia.
- _____ It can be very expensive to eliminate a phobia, such as claustrophobia.
- _____ Using the NLP *Fast Phobia Cure*, snake phobias can be cleared in about 10 minutes.
- _____ Discussing and “processing” their feelings helps people who have suffered or witnessed a trauma lessen the negative impact.
- _____ The avoidance of medical care due to *needle phobia* has dangerous implications.
- _____ A person who suffers from Glossophobia has a fear of public speaking.
- _____ The NLP *Fast Phobia Cure* relieves trauma and anxieties as well as phobias.

To see how many you got right, turn the page over....



- True According to the American Psychiatric Association, 7.8% of American adults suffer from a phobia.
- Phobias and anxieties involve an intense fear response to something which actually presents little or no threat. A phobic reaction can be present just looking at a photo or speaking of the trigger.
- True Nearly 4.25% of the population suffers from phobias—that means almost 6.2million US citizens has some sort of specific phobia.
- Phobias are reportedly the most common psychological disorder among women and the second most common disorder among men over 25 years of age.
- False Actually, according to the Anxiety Disorders Association of America, **19 million** people have specific phobias, such as fear of spiders; 15 million have what is considered a social phobia, as in the case of fear of public speaking; and 2 million suffer from agoraphobia.
- True Arachnophobia can range from *not being comfortable with spiders*, to being terrified even to look at a photo and to having physical stress reactions just to be asked to think about one being in the room. Almost 50 % of all females and 10 percent of males admit to being afraid of spiders.
- Both The Claustrophobia Clinic at the CTRN Phobia Clinic™ reports the price for their program typically runs from \$2495.00 and up! And the process usually requires approximately ten hours of treatment.
- Studies support the efficacy of the NLP *Fast Phobia Cure*, which can usually be done in less than 30 minutes and for the cost of one session, which is typically about \$100.
- True See “An Investigation of the Effectiveness of Neurolinguistic Programming Procedures in treating Snake Phobias” (in Dissertation Abstracts International 43,861B) 1982.
- NLP was found to be superior to the desensitization regimes, and it is done in just 10 minutes.
- False According to *Get Shrunk at Your Own Risk*, by Sharon Begley, (Newsweek, June 18, 2007), many of those who undergo “stress debriefing” develop worse symptoms.
- The *Fast Phobia Cure* is based on the NLP model of dissociation so you can release the trauma without additional escalation of painful emotions. Because the intervention is based on how the memory is stored, some interventions can be done “content free,” meaning without your having to say what the phobia is of.
- True Fortunately, you can be comfortable because with NLP phobias can easily be cleared.
- True Considered a social construction rather than a natural phenomenon like fear of falling or fear of loud noises, it is the “fear of the fear” that NLP *Fast Phobia Cure* will alleviate.
- True Unlike other psychological and medical approaches, NLP is designed to eliminate most common psychological disorders, including trauma, anxiety, and phobias in a single session.

**For more information about NLP and the *Fast Phobia Cure*,
visit www.scs-matters.com**