



# Over Coming Your Fear Of Spiders: Over coming your phobia?

*Mr Alan Rushing*

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## **Over Coming Your Fear Of Spiders: Over coming your phobia?** Mr Alan Rushing

WHAT IS A PHOBIA? Phobia comes from the Greek word for “fear”. It is a strong, persistent fear of situations, objects, activities, or persons. The main symptom of this disorder is the excessive, unreasonable desire to avoid the feared subject. When the fear is beyond one’s control or if the fear is interfering with daily life then a diagnosis under one of the anxiety disorders can be made. So, in essence, phobias are a type of anxiety disorder much along the lines of panic and fear. An American study by the National Institute of Mental Health (NIMH) found that between 8.7% and 18.1% of People suffer from phobias.

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