

### **Specific Phobia (Needles): Cam's Story**

Cam is VERY afraid of needles. He tends to avoid going to the doctor as he worries he'll have to get a needle. Cam's health has not always been good and he is worried that if he doesn't overcome his fear he is putting his health at risk.

**Goal:** To tolerate getting an injection (In this case, the goal is not to feel completely comfortable getting needles -- as most people aren't -- but to be able to tolerate them).

<b>Step</b>	<b>Situation</b>	<b>Fear Rating</b>
11.	<i>Having blood drawn from a vein</i>	10
10.	<i>Getting a shot in the upper arm or fleshy part of leg</i>	9
9.	<i>Slightly pricking one's skin with a needle</i>	8
8.	<i>Watching someone else get a needle</i>	7
7.	<i>Resting needle against vein</i>	7
6.	<i>Resting the needle against one's skin</i>	6
5.	<i>Rubbing an alcohol swab against one's skin</i>	5
4.	<i>Holding a needle</i>	4
3.	<i>Watching an apple being injected</i>	3
2.	<i>Watching video clips of someone getting a needle</i>	3
1.	<i>Looking at a picture of a needle</i>	2

\*If Cam has a history of fainting when he gets needles, he should read the module on Applied Tension Technique, which can help him avoiding fainting.

## Panic Disorder: Fin's Story

Fin is afraid of having a panic attack while driving over a bridge. As a result, he avoids crossing bridges whenever he can. When he does have to drive over a bridge, he insists on carrying his cell phone and prefers to be accompanied by a friend. This way, help will be available if he does have a panic attack.

**Goal:** To be able to cross bridges without excessive fears of panic attacks.

Step	Situation	Fear Rating
11.	<i>Driving over a long bridge in heavy traffic without friend or cell phone.</i>	10
10.	<i>Driving over a long bridge in heavy traffic without friend</i>	9
9.	<i>Driving over a long bridge in heavy traffic with cell phone and friend</i>	8
8.	<i>Driving over a short bridge in heavy traffic without cell phone or friend</i>	8
7.	<i>Driving over a short bridge in heavy traffic without friend</i>	7
6.	<i>Driving over a short bridge in heavy traffic with cell phone and friend</i>	6
5.	<i>Driving over a long bridge in light traffic without friend</i>	6
4.	<i>Driving over a long bridge in light traffic with cell phone and friend</i>	5
3.	<i>Driving over a short bridge in light traffic without friend and cell phone</i>	5
2.	<i>Driving over a short bridge in light traffic without friend</i>	4
1.	<i>Driving over a short bridge with cell phone and friend</i>	3

\*Once Fin has completed the fear ladder and can tolerate driving over bridges, he can start a new ladder tackling other fears he may have due to panic (such as being in crowded places). It will be important for Fin to tackle his fear of the physical symptoms associated with panic attacks. See the module on Panic Disorder for more information about exposure to feared physical sensations.