



FACTS
ABOUT
FEAR
AND
PHOBIAS

1
Fear can evoke pleasure

8
Fear can be the voice of reason and caution

2
Fear comes in all shapes and sizes

7
Resisting fear can consume a great amount of energy

3
One can get rid of the Fear

6
A surge of fear tends to arise directly after a moment of truth

4
Anxiety can numb your fear

5
The key to resisting fear is awareness

4

5

Understanding Phobias

Clemens Wendtner



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