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| **Phobic person writes a hierarchy of fear** | **This is where different phobic situations are put into order from most fearful to least fearful** |
| **For example least fearful is seeing a picture of a snake on a wall**  | **Next fearful is seeing a toy snake** |
| **Most fearful is holding a snake** | **Phobic person is taught relaxation techniques such as slow controlled breathing** |
| **This reduces their arousal including slowing their heart rate** | **Phobic person meets the least fearful situation & at the same time practices their relaxation** |
| **Once they no longer feel anxious when exposed to this fearful situation, they meet the next situation on the fear hierarchy** | **This is a really ethical method to treat phobias, as the phobic person is in control of their exposure** |