CLÍNICA VIVALDI · FREE SHEET · ANXIETY

Specific phobia

Intense and irrational fear of something concrete (animals, heights, blood, needles, flying, elevators) that leads to avoidance and limits daily life.

COMMON SIGNS

- Immediate fear when faced with the trigger
- Active avoidance
- Recognises that the fear is excessive

TIPS FOR YOU

1. Gradual exposure is the most effective treatment
2. Start with what scares you a little and move up step by step
3. Breathe slowly and stay until the anxiety goes down

FOR FAMILY AND FRIENDS

1. Don't force them all at once: support gradual steps
2. Don't make fun of the fear

WHEN TO ASK FOR HELP

1. If it stops you going to the doctor or having tests
2. If it limits your work or travel

TO OBSERVE AND NOTE DOWN

☐ I feel intense fear of something specific (animals, heights, blood, needles, flying…)

☐ Just thinking about it makes me nervous

☐ I do all I can to avoid it

☐ When I'm faced with it, I feel anxious straight away

☐ I know the fear is exaggerated, but I can't control it

☐ I have stopped doing things because of this fear

☐ It has been like this for months

☐ I worry about coming across it

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/fobia-especifica
- Full article: Specific phobias: clinicavivaldi.com/en/trastorno-fobias-especificas
- Free guide: Anxiety: clinicavivaldi.com/en/guia-ansiedad
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112