



Treating Phobias is Based on Cognitive Behavioral Therapy

Maria Dwayne*

Department of Psychiatry, University of Arizona, United States

INTRODUCTION

A phobia is a form of behavioral anxiety disorder. You might not revel in any signs till you return to touch with the supply of your phobia. But in a few cases, even considering the supply of a phobia could make someone experience nerve-racking or panicky. This is understood as anticipatory tension. The number one distinguishing function of a phobia is the recurrent, irrational worry about a selected item or state of affairs. Exposure to the feared item or state of affairs effects in a direct and extreme stage of tension, from time to time to the volume of getting a panic attack. Despite recognizing that this tension is immoderate, a man or woman with a phobia will visit great lengths to keep away from the publicity of the dreaded item or state of affairs on the way to prevent the emotional misery it causes. This tension and its related avoidance behaviors motivate considerable emotional misery, and might extensively interfere with everyday functioning and interpersonal relationships.

DESCRIPTION

While a few do now no longer consider phobias to be real OC Spectrum Disorders, they do have obsessive-compulsive capabilities which might be pretty just like OCD. Phobias and OCD are each categorized as tension issues within side the Diagnostic and Statistical Manual (DSM-IV) published through the way of means of the American Psychiatric Association. Also, phobias and OCD each involve extreme, irrational fears and repeated avoidance of tension-upsetting objects and/or conditions. Furthermore, current research suggests that 7% of those with OCD additionally have one or extra phobias. A phobia can also additionally from time to time evolve into OCD, or vice-versa. Perhaps the maximum considerable similarity linking phobias and OCD is the cyclical manner *via* way of means of which the

signs of each increase.

Because of those many similarities, the equal Cognitive-Behavioral Therapy (CBT) strategies which might be so powerful in treating OCD also hired within side the remedy of phobias. The number one CBT method utilized in treating phobias is publicity remedy. Another CBT method this is extremely treasured is known as "Cognitive Restructuring," wherein customers discover ways to project the validity of their phobic thoughts.

CONCLUSION

One of the handiest CBT trends for the remedy of phobias is Mindfulness-Based Cognitive-Behavioral Therapy. The number one purpose of Mindfulness-Based CBT is to discover ways to non-judgmentally receive uncomfortable mental experiences. From a mindfulness perspective, a lot of our mental misery is the result of looking to manipulate and get rid of the soreness of undesirable thoughts, feelings, sensations, and urges. In different words, our soreness isn't the problem or trying to manipulate and get rid of our soreness is the problem. For a man or woman with a phobia, the closing purpose of mindfulness is to broaden the capacity to extra willingly revel in their uncomfortable thoughts, feelings, sensations, and urges, without responding with avoidance behaviors, reassurance seeking, and/or intellectual rituals. Using those CBT tools, customers discover ways to project their phobic thinking, in addition to the compulsive and avoidant behaviors they use to address their immoderate worry.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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Corresponding author Maria Dwayne, Department of Psychiatry, University of Arizona, United States, E-mail: maria.dwayne@gmail.com

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