5 Day Phobia Release E-Course

Morpheus Institute Manual
5 Day NLP Phobia Release E-course

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Advanced Praise for the 5 Day NLP Phobia Release Course

Creepy Creatures Creeping In the Mind
Spiders, cockroaches and bugs are just what used to bug me the most. They not only breed in my toilet and cooking area but also in my dreams. It just goes to show how allergic I was to these creepy-crawly ones. Fearing them would be the right word to describe my mixed feelings. The NLP Phobia Release Course revolutionized my thoughts and wiped out my fears once and for all.

Rachel Brown, High School Teacher, San Francisco, U.S.A

It Might As Well Be Your Story
I am Careen Mill, a waitress by profession and a recluse by nature. My life was in such an upheaval when my boyfriend ditched me. I was broken emotionally and financially then. I had to survive and live on. But I had already developed a fear of relationships. I wasn't really finding any way out to fit into a decent relationship. When all doors were closed, I took to your phobia release course. Initially, I was skeptical and pessimistic about the outcome. But once I began the self-help treatment, I never looked back.

I am happy and have moved on with my life. The course was truly a blessing in disguise.

Careen Mill, a recluse, Smithfield, Dublin

Stifled With Claustrophobia
Going out for movies was never my cup of tea. I used to climb the stairs instead of taking to a lift. Why would I do so - that was a big question that was unresolved. I was claustrophobic and this prevented me from encountering suffocating places. Thank goodness, I have left my fears of suffocation with the completion of the phobia release course in a matter of two hours. Think it's unbelievable? Then believe it!

Claudia Jinn, Philadelphia, U.S.A
5 Day NLP Phobia Release E-course

No More Fears
Your Phobia Release Manual is a remarkable find. What I have achieved in these days is thousand times more than what I have gained with the ongoing appointments with psychologists. There are no more fears whatsoever. I feel a lot more confident and in total control of my life like never before. My life has changed completely, thanks Jan.

Sam Luke, New Jersey, U.S.A

Highly Recommended
I have tried this program and it was great. It is highly recommended. Social phobia is the worst thing to face, no one knows better than me. I feared my workplace like anything but now I have managed my way out, all because of Jan's NLP phobia release program.

Sharon Vaz, Singapore

It's All about Heights
Hi, I am Linda who has always been gutsy by nature. But could you believe that I feared from heights right from my childhood. You could never have found me indulging in flights. Anything that had to do with heights was a definite no from me. But things have changed and for the better. The 5 Day Phobia Release Course was just what I needed. Thanks to all of you who have created the course that swallowed my fears.

Linda Sobers, Dallas, U.S.A

Jack's Life - Everything Seems Back To Normal
I am a financial advisor by profession. Unfortunately my profession was eating up my peace of mind. I used to be anxious every other day. Meeting up with clients, taking care of their requirements was too much for me to handle. It's true that I love my profession but somehow couldn't wedge the fear of criticism from others. I was suffering from social phobia. I was in two minds when I took to your phobia release course. But never imagined the power of your treatment that could change the course of my life in a matter of just 25 minutes. I can now concentrate well on my work. Fear of criticism has made an exit from my life, thanks to your effective treatment.

Jack Collins, Financial advisor, California, U.S.A
Fear of Water Made Me A Non-Swimmer
I don’t know how to swim and I have qualms about it. What stopped me was my involuntary fear of water. It was a genuine problem I knew for sure. It’s strange how fears can be captured. With your phobia release techniques, my fears have drowned as I have won my fight over hydrophobia.

Josh Kern, athlete, London, U.K.

Dentist Gets In the Way
My tooth’s aching but I will not go to the dentist. My gums are bleeding but that won’t force me to go to the dentist. Now that had to be a problem, a phobia problem. I still don’t believe that I have eventually made it to the dentist, courtesy of the NLP phobia release program.

Mac Darren, Washington D.C, U.S.A

Futuristic Kid Trapped In Maze of Future Phobia
Hi, I’m Ran. My problem was that I was more than fretful about my future and everything that revolves around it. Worrying about the future was like an everyday affair. It’s good to be a careerist and ambitious but not at the cost of ruining your present. But I couldn’t even predict that I could have ever come out of this rut and maze of future thinking. Thanking you guys for assisting me with the 5 day phobia release course would be just too little.

Ran Cane, Texas, U.S.A
Introduction

Phobia is a psychological disease where you have an unreasonable fear about a person, a thing, or a situation.

It may result from some incident, which had occurred in your past or childhood. The trauma that you had faced then manifests itself in the form of a phobia.

A phobia is however not an insignificant thing for it acquires such proportions that it begins interfering and harming your personal life. Therefore, an immediate treatment is necessary.

Phobias are treated mostly by medicines but the effect is never completely positive. This is because medicines only repress the signs but does not cure the root cause of the phobia.

A successful phobia treatment can only be brought about by psychologically disposed approaches. One such healing procedure is NLP.

NLP or Neuro-Linguistic Programming is mainly concerned with how your thoughts influence your feelings and in turn decides your capability.

There are many things, which you are not able to perform due to your unreasonable fear.

In this treatment, the first thing that is determined, is the structure of your thoughts, next your ideas are rebuilt enabling you to get over your disability.

According to NLP the incorrect arrangement of our mental programs, cause a phobia. These structures are "re-programmed" by NLP after they are exposed. Changes occur in the unconscious mind and free you of your phobia.

My 5-day email course is based on the NLP treatment. Each of the exercises described in these 5 e-mail courses is powerful enough to release your phobia and fear.
You can choose any one of the techniques that suit you, it is not compulsory to perform all of the exercises.

Many phobic patients remain reclusive to approach a treatment, as they dislike being exposed as patients suffering from such an ailment.

This form of treatment takes care of this situation too. The phobia - release techniques described in this e-course can be learnt from the privacy of your own room.

With this self help technique you can now lead an independent life just like anyone else.

**Before we start...**
If at any point, during any of the exercises, you start to get scared, or begin to lose control – take a deep breath and remember that you are watching, *not* feeling.

It may take a few attempts to get through each exercise, but that is fine. Just do whatever is comfortable for you – at your own speed.

Jan Heering  
Master Coach  
Founder and CEO of Morpheus Institute  
[www.phobia-fear-release.com](http://www.phobia-fear-release.com)
The Truth about Phobias

Does the sight or even the thought of a spider start you sweating?

Do you start to panic when the doors of the elevator refuse to open?

Do you always make sure you don’t go too near the edge of a cliff or high building? And as for going on a Roller Coaster – that is never going to happen!

Fear or Phobia?

All of these are common fears – but when exactly does a fear tip over into a phobia and what’s the difference between them? Let’s look at some definitions –

**Fear:** a powerful, unpleasant feeling of risk or danger, either real or imagined.

**Phobia:** an *uncontrollable, irrational, and persistent* fear of a specific object, situation, or activity.

So, although fear is a strong, nasty feeling, it *is* manageable.

Phobia takes it to the next level and then some! Just take a moment to think what those phobia-defining words mean…

*Uncontrollable* – you have no control over this terror, you’re at its’ mercy!

*Irrational* – however much people tell you that there’s no need to be afraid, you still are. Once away from the source of the phobic reaction, a person may be able to think and talk quite calmly about their feelings.

But as soon as the cause reappears, all rationality flies out of the window and they are fighting to get away from it.
• **Persistent** – this isn’t going away any time soon. Some people can force themselves to face their fears but a true phobic would be totally unable to do this.

## How Do You Get a Phobia?

**Learned response** - Some people ‘inherit’ a phobia from a relative. This is in the form of a ‘learned reaction’, which means that if your Mother screamed every time she saw a spider, you grew up believing that the reaction was correct.

There is also an element of ‘hysterical suggestion’ involved here – as fear is quite contagious.

**Cell memory** can cause another form of fear inheritance. In these cases, the phobic person usually has absolutely no idea why they are so terrified of whatever it is.

There is no family anecdote to support the possible start of it. The fearful memories may have been embedded in the cells of your ancestor and then passed down to you.

**A childhood incident** – this is probably the most common cause of a phobia. For example, maybe you were bitten or even just scratched by a dog when you were two years old.

The full memory of the incident is long gone, but your brain remembers the pain, fear, helplessness and terror of that little child’s experience and so every time you see a dog it does everything that it can to get you out of that situation and away from another ‘attack’.

It does this by supplying very strong reactions and extreme feelings that you can’t possibly ignore.
How Does It Feel To Have A Phobia?

The feelings that a Phobic person suffers are highly unpleasant and are also out of their control.

If you have a phobia, you may feel some, or all of the following, to varying degrees:

- Muscular tension – especially in the neck
- Gastrointestinal discomfort
- A tendency to blush and feel extremely uncomfortable
- Your hands become sweaty
- There is severe pain in the head
- You suffer from insomnia or sleeplessness
- Your voice may become shaky and your hands and feet may tremble
- You may have chills – or feel extremely hot
- You feel very tired and lightheaded
- You may experience a pain or a pressure in or on your chest
- You feel like urinating
- You experience long-term suffocation and breathing problems

So having a phobia can really wreck your life. The good news is that there is help available and it is simple, easy and quick.

With NLP, you remain in control all of the time, unlike some other treatments. With this manual, you are unlocking the door to a freedom you never knew was possible. Good luck – and congratulations!
Common myths about Phobias

If you are unlucky enough to suffer from a phobia, well-meaning family and friends may suggest that you see a therapist or get some tablets from your Doctor.

Myth #1

Talking about it can cure a Phobia

A good therapist may eventually cure a phobia – but the key words here are ‘good’ and ‘eventually’. Sadly, most will just refer you to a support group, a psychiatrist or an organization related to your phobia.

One major benefit of talking to a trained professional is that they will be able to spot if you are suffering from any signs of clinical depression and will be able to get you treatment for this.

The three main ‘talk’ therapies on offer for the relief of phobias are:

- **Cognitive Therapy** - A treatment method which focuses on changing a person’s ‘inaccurate’ beliefs.

  For example, Cognitive therapy for someone who gambles may involve challenging the way the patient perceives their odds of winning or their perception of their ability to control the outcome of that behaviour.

- **Behaviour Therapy** - This form of psychotherapy believes that psychological issues may be studied without including the internal mental state of the person.

  Instead, it relies on watching the person’s behaviours. While the internal mental state is accepted as being a part of the issue, the process is to manipulate behavior and environment to bring relief.
• **Interpersonal Therapy** - believes that if you have better interpersonal relationships with others, then you will be able to express your emotions more easily and thus banish your phobic feelings and reactions.

‘Talk’ therapies are traditional and well accepted in the main-stream. However, they can all be time-consuming, taking months and sometimes even years to bring a positive result.

As this treatment often has to be paid for, it can therefore be very expensive. It is also very hard to gauge how many sessions you will need and therefore hard to budget for.

So – lots of time and money spent – and no guarantee of a cure at the end of it all.

But – You have all you need in this manual to use NLP to cure you phobia – right now!
Myth #2

Taking Medications Can Cure a Phobia

Different forms of medications, such as SSRIs (Selective Serotonin Reuptake Inhibitors) or TCAs (Tricyclic Antidepressants) are often offered to people with a phobia.

However, all this will do is cover up the symptoms and the behavioural reactions – it won’t remove the root cause of the phobia. So, as soon as you stop taking the tablets, the terror returns and you may have to deal with medication withdrawal as well.

Prozac

People with Phobias have been known to respond well to Prozac (Fluoxetine) but it can take between 8 and 12 weeks to work and comes with the following side effects:

- A sudden gain in weight
- Loss of sexual interest
- Nausea
- Headaches

Other side effects are:

- Insomnia
- Occasional extreme behaviours such as increased suicidal tendencies or outburst of temper
Anti-anxiety medications

The most common anti-anxiety medications are Benzodiazepines and Azapirones, which act as mild tranquilizers to treat panic disorders.

Anti anxiety medications also have an impressive list of side effects:

• Confusion and disorientation
• Pounding and/or irregular heart beat
• Drowsiness
• Blurred vision
• Difficulty with co-ordination
• Dry mouth
• Fatigue
• Difficulty with concentration
• Dizziness
• Short term memory problems

Imagine trying to hold down a full-time job or being a stay at home Mother taking care of small children – and feeling like a zombie! It’s clearly not ideal and not a solution.

NLP can relieve your phobia quickly, safely and easily. Why take medications that will make you feel drugged, may give you withdrawal problems and won’t even solve the problem…when you can use NLP?
How you can cure your Phobia

We have looked a ‘talking therapies’ and medications and seen how their positives are outweighed by their downsides.

Other ‘recommended’ cures for phobias include exposure therapy (which is covered elsewhere in this manual and can be extremely distressing) and counselling.

**Counselling**
The Phobic person talks with a supportive psychotherapy counsellor, about how to face and conquer situations that are fearful.

However, this is known to have a high failure rate as the outcome relies totally on the abilities of the counsellor and not many have the specialist skills required for this type of work.

**Relaxation and Breathing Exercises**
Counsellors often suggest relaxation techniques and breathing exercises. This is often not successful as the phobic reaction is an automatic one and not under the direct control of the person suffering the extreme and terrifying reaction.

Also it is very hard to relax, when you feel as if you are about to die – which is how many phobics feel when they are in the grip of a terrified reaction!
Why NLP Can Help Where Others Fail

Most other therapies only scratch the surface of the issue but NLP goes right to the heart of the problem.

Let’s look at the benefits of NLP:

• The person with the phobia treats and heals themselves

• no reliance on others or on potentially harmful medication

• you don’t have to relive your fear for the treatment to be successful

• you don’t have to dredge up painful memories from the past

• NLP reinforces positive thoughts, which in turn, increases self esteem and confidence

• NLP help you to be rid of your phobia quickly, easily and safely and give you a renewed optimism and uplifted outlook on life

As we looked at the pitfalls of the other treatments, it’s only fair that we look at the downsides of NLP:

• Umm…give me a moment…still trying to think of one…

• …it’s a pity you didn’t find NLP years ago?

How NLP Can Treat Your Phobia

It works by releasing negative emotions and putting positive ones in their place. One of the co-founders of NLP, Richard Bandler, studied people who had got over their phobia to work out the best way to cure this distressing problem.
He found that it is actually quite easy to do. To stop the fear, it is necessary to break the links that your brain has built and to replace those links with a positive response instead.

**Putting Fear Back in its Place**
Fear is a natural and helpful emotion. It has a positive function of keeping us safe from harm and from approaching danger. This becomes a phobia when the normal fear becomes so irrational that even the mildest stimulus generates a vast panic response.

NLP can help to put fear back into its useful, but not detrimental place and can free you from the terror that phobia brings.

Once the brain’s link between the phobic stimulus and the panic reaction is broken then the phobia is cured. However, NLP goes one step further and puts a positive, healthy emotion in its place.

**NLP is Not Just for Phobias**
We know that you have come here to cure your phobia but just think for a moment – how disabling is your phobia and how much pain and suffering does it cause you? If NLP can cure your phobia, just think how you could use it in many, many other areas of your life!

The possibilities are endless!
Should I Feel the Fear
And Do It Anyway?

This is not just the title of a bestselling book by Susan Jeffers – it is also the basis of a form of treatment for phobias.

Exposure Therapy
This is a type of behaviour therapy where the phobic person is made to confront the situation, object, thought or memory that they find so fearful.

This may involve actually reliving a traumatic experience, albeit in a controlled environment. The goal is to lower the amount of physical and/or emotional stress that the patient feels.

It can also be used for anxiety problems and post-traumatic stress disorder.

What Happens?
During a therapy session, a therapist will help the person to recall a fearful though, traumatic incident or something that they fear. As the situation is confronted and stressful thoughts arise, the therapist teaches the patient coping skills to handle their behavioural response to their fear. The patient is coaxed to talk about how they feel. Hypnosis may be used and virtual reality techniques are becoming increasingly common.

Coping Techniques in Exposure Therapy
These can include any of the following, or a combination of some of them:

- Slow breathing
- progressive muscle relaxation
- Isometric relaxation – swimming or running involve isotonic exercise i.e. the movement of your limbs. Isometric exercise is where your muscles are working against each other (so that if they are equally exerted there is no movement) or where you push or pull against something that won’t move.
- meditation
- visualization
- self hypnosis
Desensitisation
Desensitisation is the teaching of relaxation techniques and then the
gradual introduction of the person to the object or situation of their phobia
– beginning with the smallest fear first and working up to the biggest one.
Exposure therapy is sometimes said to be like desensitization but it is not
– because it involves first exposing the person to what distresses them
most.

Flooding and Graduation
Exposure therapy may involve either of these.

Graduation is the gentler of the two, where the person may have to face
the stimuli that distresses them in short bursts.

Flooding is where the exposure may last for as long as two hours each
time.

Does it Work?
It can do – but it has many drawbacks.

Phobic behaviour is all about avoidance. The physical symptoms are sent
by the brain to get you out of that situation…and fast! So it goes against
the grain to willingly put yourself into that situation – even if the end
result is to hopefully be rid of that fear.

It all sounds very well on paper but the person does not just have to face
their fear during the exposure time. It is more than likely that the fear
would start from the moment they made the appointment – and it would
only get worse as the appointment draws near.

Who would want to put themselves through that?

The relaxation techniques are helpful but again – extremely difficult to
implement when you are already in a heightened state of anxiety. If it was
that easy, wouldn’t you have ‘deep breathed’ your way out of it on your
own by now?

And fear is not good for a person – just read on to find out more…
Why Fear is Bad for You

Although we have said that fear is actually a positive emotion that is designed to get you out of danger, suffering too much fear or an irrational fear can drastically affect your quality of life.

Fear Through History
Let’s just go back in time for a moment. Early civilizations believed in spirits, Gods and nature. They were ruled by fear of retribution from the spirits and so made offerings to them.

Later, when Religions became more widespread, the fears were of the Divine Creator and this encouraged people to ‘toe the line’ and also to donate wealth to the Church.

To a large extent, we are still dominated by fear. The largest one that most of us face is that we work because we are frightened of not having enough money to pay for food and other basic needs. Most people fear pain and suffering.

These would be classed as ‘normal’ and ‘rational’ fears. However, when a fear becomes a phobia there can be several damaging results.

How Fear Can Wreck Your Life
Fear can breed. If left unchecked, it can cause anger, hatred, insecurity, stress and tension. Irrational fear can affect every area of your life.

Here are a few examples:

- You may avoid particular situations and objects – leading to lost opportunities and decreased self-esteem

- You may have difficulty sleeping at night – which in turn wears you down and affects your life, work and time with family adversely

- You may avoid social gatherings – preferring to be alone
• You may feel that people are criticising you and judging you – which can lead to further withdrawal

• You may avoid public places or meeting new people – meaning more lost opportunities

• You may be prone to substance abuse – smoking, eating or drinking too much

How Your Phobia May Affect Your Family
First, let’s take a look at the main types of phobia –

• Animal Phobia (fear of spiders, snakes, cats, dogs, mice, birds, or other animals)
• Natural Environment Phobia (fear of being near water, storms, and high places)
• Situational Phobia (fear of driving, flying, and being in enclosed or wide-open spaces)
• Social Phobia – a fear of meeting new people
• Blood-Injection-Injury Phobia (fear of seeing blood, medical procedures, and injuries, receiving injections, and having blood drawn)
• Other Phobia (fear of vomiting, choking, loud sounds and other fears that don’t belong belonging to any of the other categories)

Any of these would have an impact on ‘normal’ family life and activities.
Is This Your Family?
If a family has a child who suffers from a phobia, they often have to structure the child’s environment so that

a) The child will successfully learn to cope with their fear OR

b) Time-consuming rituals are created to help the child to avoid the focus of their fear

Disagreements can arise between partners and families – as the activities that the family would like to participate in may be hugely limited by the needs of the phobic person.

Enormous stresses may be created when families and/or partners swap between trying to show concern and love for the sufferer – and trying to be firm to encourage them to admit to, seek help for…and overcome their terrible fears.

So much suffering - and not just for the person but for their family too. If this is your situation – we are so thrilled that you are about to put all of this behind you.

Go forward and be happy – and free!
Day 1

How to Use NLP to Overcome Your Fears and Phobias

You’ve come here to find out how to get rid of your fear or phobia and that is a brave step. It takes time and courage to get to the point where you want to be released from the fear or phobia that has had a hold on you.

Many people shut their fears away and live in a ‘comfort zone’

But the fear may have started to interfere with your everyday living, such as a fear of flying or a fear of going outdoors – or you may be just sick of carrying that burden around with you.

So why should I choose NLP? Can’t I just get hypnotized?
Yes, you could and many people do, very successfully – but in hypnotherapy, you have to experience the problem in order to eliminate it. That means re-living the fear and emotions.

For many people, that is too much to take – so they shut down and therefore become resistant to the hypnotic suggestion. So it doesn’t work for them.

With NLP, you eliminate the problem by watching your fear but not feeling the emotions that go with it. While you are doing this, you are re-programming your brain and the patterns of thought that it previously held.

So how does NLP work?
Let’s keep it simple. Some people devote their lives to studying and practicing NLP but here are the basics.

Our brains process any information in two main ways. We either think in an ‘experiencing’ way or an analytical way. Remember back to when you were so engrossed in a film that you were actually in the film and everything else around it ceased to exist?
That is experiential thinking. In NLP it is called ‘association’.

Now remember back to a film that didn’t grab your interest and you couldn’t get into it at all. You remained watching it ‘from the outside’. You were aware of the plot, dialogue and characters but you weren’t really feeling it.
That is analytical thinking. In NLP it is called ‘dissociation’.

**But you said I wouldn’t have to experience my fear?**
You don’t. That is the beauty of NLP.

If you wanted to improve motivation and skills, or to learn a new skill, you would use positive associations. You will use some positive associations in the exercises.

Here, we want to remove negative thoughts and feelings, so we use ‘dissociation’. You will be spectating not participating – and that makes it ‘safe’ for you. You don’t have to re-live your fears, just observe them like a spectator.

**Breaking down the associations.**
Our brains log information in three main ways.

- Visual – what you see
- Auditory – what you hear
- Kinaesthetic – what you feel and sense

These exercises focus on breaking down the links that your brain has made between these stimuli and the emotions that they evoke. Each person has their own way of reacting to a stimulus.

For example, you may be a predominantly ‘visual’ person, in which case, the visual exercise will work best for you but someone else may be more influenced by feeling and sensing.

For that reason, it will help if you try all the exercises. That way, you will find which is your own main stimulus and will be able to deal with it appropriately.

I’ll explain a little more about each exercise as we go along.
How would you like to be able to think about your fear, without any of the panicky, scary feelings that usually go with it? This exercise will help you to do that...you are taking the first step to banishing your fears forever.

Here, we are dealing with visual aspects, so you will create a mental picture of your fear – but not experience it. That is the first dissociation or breaking down of the links that your brain recognises as fear.

Notice that you must first see yourself as you were before your phobic reaction.

This is important for three reasons.
1. It is easier for you to relax if you know that you won’t be in the fear.
2. The exercise start working immediately because you’re not fearfully blocking it.
3. It gives you a safe place to start from - useful later in the exercise.

In Step 3, you will see your picture on the screen and yourself sitting watching it. Already, your brain has taken two steps back from your fear – double dissociation.

In Step 4, you are asked to watch until the end of the fearful moment and beyond. So when you finish watching yourself, you will have been through your fearful moment and out into a safe, relaxed, happier place.

In the remaining steps, you are diminishing the fearful memories and reinforcing the happy ones – which is why you need your movie to start and end in a good place.

When you start to feel more comfortable doing the exercise, try and observe the main reason for your fear. Something you heard or saw - or how the experience made you feel?

Finding your own personal stimulus (called a submodality in NLP) will help you to choose the most beneficial exercises.
Day 1 Exercise 1

Fast Phobia Cure

Step 1  Take some time and think of a situation that triggers off the phobic actions and fearful responses in you. It is only done so that you gain admission in that hidden obscure part of yourself that produces the fear.

Step 2  Imagine yourself seated in the middle of a huge theatre with the screen exhibiting a still, black & white photo. You see yourself in the photo in a condition closely preceding your phobic reaction.

Step 3  Thirdly, imagine yourself as a different entity, floating out of your body in the movie theatre, and up into the projection booth.

From the projection booth, you can see both the screen, and yourself sitting down.

Step 4  Fourthly, convert the still snapshot, which is on the screen into a black & white movie and watch the whole thing from the beginning to just a bit further than the end of the particular disagreeable experience.

On reaching the end of the movie, turn the movie into a still picture of yourself.

Step 5  Abandon the projection booth and go into the still picture so that the movie can be played in reverse.

The action in the movie takes place in the converse, for example you can see people walking backwards, the sounds that come out of the movie are backwards, the sounds will be played backwards.
5 Day NLP Phobia Release E-course

It is just like rewinding a movie the only difference being that you will be a part of the movie.

**Step 6** Now play the movie in your mind in “reverse mode”, taking about one-one half seconds to do it, in the colour version.

**Step 7** Finally, recount your experience again and observe your reaction.

Rank the fear on a scale ranging from one to ten in your mind, with ten being the worst.

If you rate your fear as more than two then you might have to repeat the process again.
Day 2

The two mental exercises referred here today will help you to release your fear and anxiety to a large extent. The exercises are easy to perform and unlike other treatment methods can be done entirely on our own.

They can be performed anywhere anytime. So neither do you do not need a companion, nor do you need any external, additional appliances.

When you are undergoing this treatment you need to keep two things in mind, one that you need to be patient and two that you need to concentrate a lot.

Consider this as a game, a game of concentration. You might have to imagine a lot, and it may feel weird to do at first but with practice comes perfection.

Diligence and devotion can make the impossible into the possible and can turn your fear into your strength.

At last there are no limitations to hinder your progress and most important of all no more fear.

The Fear Turnaround Procedure

This simple but powerful exercise deals with the horrible way that your fear makes you feel physically. Wouldn’t it be great to never have to feel that way again?

Does it make you feel cold or too hot?

Does your mouth go dry or your palms get sweaty?

Do you become generally twitchy and unable to stay still?

Does it start in a certain place each time or does it change?
Is it mainly in your stomach or chest?

This may be the first time that you have analysed these physical reactions.

You may initially remember your fearful feeling as just an overwhelming panic and a desire to be out of that situation.

To a degree, you are right, but that is the end result of *all* of your brains’ responses to your fear triggers.

These exercises deal with each of those triggers in turn. If you remove all of the triggers - there is nothing left to start the fearful reaction.

Taking the feelings out and rotating them may feel strange at first and you may feel self-conscious and a little silly! But go with it – you are dissociating and gaining back control all in one simple exercise.
Day 2 Exercise 1

The Fear Turnaround Procedure

**Step 1** Picture an instance when you felt panicky.

**Step 2** Now try to trace the place of occurrence of those feelings in your body.

That is, are you feeling uncomfortable in your stomach? Or feeling nauseous?

Also try to trace the origination of the sensation and the place to where it goes.

**Step 3** The next step would be to take the feeling and driving it out of you to a distance in front of you.

It might sound ridiculous and tricky to do at first but getting it done is extremely important for your situation.

**Step 4** Now roll the feeling inside out, turn it on the other side and take it back within.

**Step 5** Then rotate the feeling fast while picturing yourself taking part in the incident that gets you tense.
Shooting Fear Movie Music

How would you like to replace your fear with music? It may sound crazy but it works!

Hearing is a stimulus that can provoke a very strong reaction.

How do you feel when you hear the voice of someone you love?

Why is it always the creepy music in a horror movie that gets to you?

When you hear a favourite old song on the radio does it take you back to where you were and what you were doing when you first heard it?

In the previous two exercises, we have used dissociation to remove something. In this one, we are going to use association to add something.

You will be adding to your brains ‘fear scenario’ – and something so unusual that your brain will think ‘Hey, what’s this? This doesn’t fit with the usual fear reaction that I’m used to…’.

You are confusing your brain and stopping it from following the usual ‘fear stimulus + bodily reaction = fear response’ pattern.

Break link - create new pleasurable link - job done!
Day 2 Exercise 2

Shooting Fear Movie Music Technique

Step 1 Imagine a situation that gets you nervous.

Step 2 Detach yourself and try to view yourself as being a participant in the incident.

Step 3 Now, in less than one second try to replay the situation in reverse that is from the end of the panic creating circumstances to the beginning.

Step 4 Try to remember some music that makes you feel comfortable and relaxed, something that can really soothe down your frayed nerves.

It could be anything from Rock to Classical to Instrumental. Something that increases your confidence and makes you feel energised.

Step 5 Finally listen to the music at full volume while imagining yourself in the situation right from the beginning to the end.

Step 6 Break state. Think about something else, for e.g. which toothpaste brand do you use?

Step 7 Finally, now when you think of the situation that unnerves you, you will be surprised to find that you do not feel as fearful as before. Take note about what you see/hear immediately before you can settle on this new feeling.
Day 3

This is day 3 of your 5-day phobia release e-course. Today I’ll explain 2 powerful phobia release techniques.

The best part about today’s exercises is the use of simple, everyday occurrences to influence your inner thoughts. These occurrences in their turn are therapeutic and escalate the healing process of your condition.

Day 3’s exercises are similar to Day 2’s except that it also uses the external environment apart from the immediate one.

For example when you are being asked to think about an animal and you think of an elephant, the elephant is not something that you interact with always.

However, the common thread that runs through all these exercises is that they help to strengthen your mental prowess and control over your feelings.

After performing these exercises you will notice a change. You will be aware that you do not feel the same fear that you used to earlier.

Block Fear from Your Memory

This is a very simple, but very effective NLP exercise.

Fear is a powerful emotion that starts in the brain where chemicals are released (Neuro), which in turn affects the body and its’ response (Linguistic). These affect our knee-jerk reaction to the situation (Programming) – in this case, fear.

Many fears are made worse because we don’t want to face them and so we bury them deep inside. This increases the fear – as the mind recognises
this as a place that you don’t want to go. And so your mind – and therefore, your body too, are already ‘programmed’ to react in a panic, should this fearful situation arise.

Using this exercise, you can take your fear out and confront it a safe place. That way, you can observe your own behaviour and reactions with some detachment.

It does take courage to confront a phobia and you may need to try this exercise several times – but do persevere. You are safe. Nothing bad can happen.

You may actually be surprised at your reactions. Do you see your situation as less fearful than you had remembered or imagined?

Each time you perform this exercise, you are sending the message to your brain and body that this fear is manageable. Each time, the fear will lessen a little bit more. You can take back control.

Don’t put undue pressure on yourself to ‘get results’.

Relax and take the exercise step by step. You may find it difficult at first, this is normal. Just work at your own pace.
Day 3 Exercise 1

Block Fear from Your Memory Technique

Step 1  Imagine a situation that you are phobic to.

Step 2  Place the imaginary picture somewhere.

Step 3  Next detach yourself from that situation and analyse yourself in the circumstance.

Step 4  Imagine the situation as a black and white picture with a frame around it.

Step 5  Use this method on three other terrifying experiences.

Now allow yourself to add this feeling to your list of other fearful moments, do not differentiate between them.

But keep in mind that you get to learn something from this experience too, no matter how unpleasant it is.
5 Day NLP Phobia Release E-course

Fear Collapse

This is a fabulous, quick and effective technique that can be used anywhere. Even standing at the checkout in the supermarket! In NLP it is called anchoring.

Your brain already has a huge store of anchored reactions. It has been anchoring all of your life and I’ll bet you didn’t even know it! Was there a family activity that you loved to participate in as a child? As an example, you may have loved to go to the beach.

Now, as an adult, when you go to the beach do those happy memories come flooding back? That’s because your brain made an anchor from those happy experiences. It remembers that the beach made you happy and helpfully supplies those memories whenever you see a beach.

The anchors that you are going to create here will be accessible to you at any time. You are creating a physical action (the finger and thumb compression) that will bring a desired mental state.

You may find it strange that the first ‘anchoring’ is of a feeling of fear. Surely that’s what we’re trying to get rid of?

You’re right – and we do that by first creating a fear anchor and then immediately following it with a powerfully happy one. Your brain will begin to associate the two links and it will start to lose its’ usual path to the fear response.

You are cheating your brain. It will see the situation that is fearful to you and respond by supplying the happier thoughts.

As with all of these exercises, the more you practice them, the stronger the positive reactions will become. Every single time you repeat any of these exercises, you are re-programming your brain and taking back control.
Day 3 Exercise 2

Fear Collapse Technique

Step 1  Choose a situation that makes you break into cold sweat.

Step 2  When you feel the fear, compress your finger and thumb on your left hand to anchor this state. An anchor is the incentive that gives rise to a particular reaction.

Step 3  Now rank your feeling on an intensity range varying 0 to 10.

Step 4  Break state. Think about something else, for e.g. what was the name of your first grade teacher?

Step 5  Think of the feeling that would be better than the previous state.
        It could be relaxation, humour etc.

Step 6  Now select a positive state that you believe would make you feel better and think of a time you had that feeling.

        Make this positive state even better.
        Make it brighter, stronger, etc.

Step 7  Keep the positive state in mind and anchor it to your right hand by pressing your finger and thumb together.

        (You can anchor a different resource state by going through step 4, 5 and 6 again)
5 Day NLP Phobia Release E-course

Now place the feeling on an intensity scale varying from 0 to 10. Take note of where the feeling is and make sure that this positive feeling is stronger than the fearful feeling.

**Step 8** Now simultaneously press your left hand finger and thumb anchor, and press the right hand finger and thumb anchor. Hold on to both the anchors for at least 7 seconds.

**Step 9** Now release the left hand anchor and hold the right hand anchor for a few seconds.

**Step 10** Break state. Think about something else, e.g. what was the weather on the second day of your last vacation.

**Step 11** Finally, now when you think of the initial fear you chose, you will be surprised to find that you do not feel as fearful as before.
Day 4

Today, on the 4th day of your phobia release journey I’ll share 2 great new techniques for phobia and fear release. These exercises like the previous ones are also psychological playoffs that need your full participation.

Note that these exercises and especially the techniques described today require an amount of spontaneity from you. A spur-of-the-moment reaction, feeling, or thought can help you in these treatment methods.

For example when you are being asked to break a state here, it literally means thinking of something else other than your current stream of thoughts.

However, the main thing is that you cannot take too long to do this it should be accomplished immediately.

Moreover, the colour beam fear release technique discussed here needs some concentration and an ability to hold on to, thus requiring some practice and persistence.

You are only getting a step closer to getting rid of your fear.

Shape Shift Your Fear

This lovely, gentle and yet empowering exercise simply involves imagining yourself as an animal.

The Native Americans (and other ancient civilisations) believed that it was possible to call upon the spirits of animals who would help them. They called these their Power Animals and called upon them during shamanic rituals.
The belief was that the animal would share its power – thus strengthening or healing the person.

This may sound strange, but how often do we think of animals as having this sort of power?

The fox is seen as wily, the owl as intelligent, the dog as faithful, the bear as powerful…the list goes on.

The NLP version of this ancient ritual is useful on two counts. You are taking the fearful situation away from yourself (dissociation) and placing it onto something else, in this case, the animal.

In choosing an animal that seems powerful to you, you are also bringing power into the event – and the power is ultimately for you to share, which is why the exercise changes your energy field, or aura.

If this is new to you, it may seem very strange and far-fetched. Please, just give the exercise a try. What have you got to lose – except your fear!

One last point, the Native Americans believed that it was only polite to thank your animal for its help, after any exercise. Who are we to argue?
Day 4 Exercise 1

Shape Shift Your Fear

Step 1  Think of a situation that scares you, for example walking in a crowded place.

Step 2  Choose an animal that spells power for you e.g. an elephant.

Step 3  Visualize yourself as that elephant.

Step 4  Now walk through the multitude of people as the elephant. If people somehow come in your way make elephant sounds in your head.

Use this method whenever you are feeling distressed regarding any situation. When you use this procedure you are altering your energy field.

You could also try out different animals for diverse circumstances.
...or How to get rid of your fear using colours!

The NLP techniques used here are dissociation and then addition. As before, you are just watching – but this time, you are imagining which colours are associated with your fear. Then you find your positive colours and make the change.

We associate colours with emotions all the time. Someone is ‘green with envy’, feeling sad or blue, purple with rage...

Colour healing itself is an ancient form of healing. It has been recognised for centuries that colour can influence mood and feelings. Think of your favourite colour. How does it make you feel? Happy and uplifted?

That’s the power of colour. That good feeling is replacing the previous feeling that you had. It literally blocks the negative feelings and energies.

The other great advantage of colour therapy is that it is holistic and so can be used with any other form of therapy.

What is my third eye?
Our bodies have many centres of energy. These have been described for centuries by different cultures. You may have felt some of these centres, or chakras, without realising it. For example, if you have been unlucky enough to receive bad news, you may have felt as if you had been hit in the chest.

That is your heart and/ or solar plexus chakra energy centres, taking the blow.

Your third eye is considered to be your Psychic centre. It helps with vision in many aspects of our lives – concentrating, intuition, and visualisation to name a few.

It is physically located between your eyebrows. As you do this exercise, you may feel a slight pressure in that area. This is completely normal and means that your third eye is opening and responding to the exercise. The pressure is not uncomfortable and it will stop when you finish.
Day 4 Exercise 2

Colour Beam Fear Release

**Step 1** Imagine an occasion that gives you a phobic attack.

**Step 2** For this step you should know the concept of the third eye. The third eye is an imaginary eye, said to be located above your nose between the eyes.

Now, denote the initial feeling in colour and visualize that you are sending out the feeling from your third eye as a colour beam of light.

Then make the beam of light travel up the wall slanted at an angle of 20 degrees. And rotate the colour beam clockwise.

**Step 3** Enumerate the positive feelings you need so that you can transform your initial negative feeling and assign a particular colour to each positive state.

**Step 4** Then imagine each of the colours of the positive feelings emerging as beams of light from your third eye mixing and integrating with each other together with the original one.

Spin them clockwise.

**Step 5** Now try sticking your hand into the turning beams and take note of how it feels.
Think of other positive feelings that you might need.

**Step 6**  Think of the times that these positive feelings must have helped you.
Now, picture yourself in the recollections as you position them on the colour beams like a photograph or a slide.

**Step 7**  Then think of any future events where these positive feelings might help you.
Lay these pictures on the colour beams as well.

**Step 8**  Now look at all the pictures on the colour beams, observe how the beams are rotating and “colourizing” all the pictures in turn.

**Step 9**  See if you can imagine bouncing the colour beams off the wall all the way back through all the pictures into your 3rd eye.
Try this a few times.

**Step 10**  Break state. Think about something else, e.g. what is the most prominent colour of your state flag?

**Step 11**  Think of any occasion from the past or something that can take place in the future when the initial feeling could have been aroused.
There is bound to be a change of feeling.
Day 5

On the last day of this 5-day phobia release e-mail course I will reveal 2 more great phobia – fear release techniques.

Note that each of these exercises is actually making you face your fear first when they are asking you to think about it right at the beginning. The procedure aims to recall the fear from your mind and completely free you from it.

Another thing worth noticing is that the fear release for a friend technique uses your emotions to liberate you of your phobia.

In this method you are asked to think of an activity or situation that triggers a phobic attack and to think of a loved one who is trapped in that situation. It is an emotional compulsion, which you need to do no matter what.

This treatment technique uses this particular emotional appeal to cure you of your disease.

Release Fear for a Friend

In this effective exercise, you are diminishing your fear and replacing it with another set of emotions.

You will dissociate by using pictures and then reduce the fear by moving the most powerful picture to the front of the pile.

You may be surprised when you see your two pictures. Does one automatically appear bigger than the other? Is it more colourful? Does it have more detail?

There are many emotions linked to friendship or a relationship with a loved one. Perhaps one of the strongest is a desire for approval. We naturally want them to like us and act in a way to gain that reaction.
We also genuinely want to be of use to them. Loyalty comes into play and love itself cannot be underestimated.

How often do we hear of people jumping into raging seas to rescue a friend? Some of the most heroic acts are performed by friends or relatives. Their main impulse is to save that person and they do not appear to consider the implications of their actions. But the brain *has* considered.

In a few precious seconds, it decides that the benefits of the action outweigh the fears and any unpleasant consequences potentially involved.

Lovers often say ‘I would die for him/her’. That sounds dramatic – but what they mean is that, in that moment of time, their brain is telling them that their life without the loved one would be so painful that it would not be worth living.

Nothing that could happen to them would be as bad as losing that person and so the balance is tipped.

That is an extreme example, but the underlying factors are the same for this exercise.
Day 5 Exercise 1

Release Fear for a Friend Technique

Step 1  You have to imagine an event, a situation or an activity that makes you feel fear.

Step 2  Take note of the location of the picture.

Step 3  Now imagine that your friend or your loved one wants you to do the very thing you fear and it is of utmost importance.

Now observe where the picture is situated.

Step 4  Compare and scrutinise both the pictures.

Step 5  Now send the first picture to quite a distance away and then reposition it to the place of the second representation.

Step 6  Break state. Think about something else, e.g. what is your best friend’s middle name?

Step 7  Finally think of the initial situation and the difference in attitude you feel towards it.
Fast Fear Changer

This strong dissociation exercise deals with the many factors of your fear all in one powerful hit.

If you have worked through all of the exercises, you will be feeling more familiar with your fear and how it is structured.

It may have a colour, a feeling, a sound, a shape or even a texture.

You have been working on changing those and now you bring it all together in one exercise.

Remember back to the first exercise. How did you feel? Anxious? Scared? Self-conscious? Not sure if you could go through with it?

Now see how far you’ve come. You can place all the aspects of your fear in one place and not only take charge of them, but change them.

They no longer have power over you – the balance has shifted.

If you have discovered a dominant trigger, such as a sound or a feeling, you may find it harder to squash by changing – but persevere and it will eventually change.

With practice, this exercise will become easier and faster. The ultimate payoff is that your fear will be so dramatically altered that your brain won’t even recognise it!
Day 5 Exercise 2

Fast Fear Changer

Step 1  Choose a fearful feeling you want to relieve yourself of.

Step 2  Observe where you are placing your feelings.

Step 3  Shove out the feelings out of you to your front and give it a shape that you think it might represent; you could give sounds to it too.

Step 4  Now look at the shape and hear the sounds. How can you change those to make it feel less fearful?

Step 5  Try changing the position, colours, shape, texture etc. and the sounds until you feel you've made a difference.

Step 6  Now bring the shape and sounds into one whole and bring it back into your body and let it integrate.

Step 7  Break state. Think about something else, e.g. what are your plans for tomorrow evening?

Step 8  Now think of the fearful feelings you selected in step 1 and notice the difference.
You Made It Through!

So you have come to the end of the exercises to release you from your Phobia.

Take a moment to think back to five days ago. You were about to start this course. How did you feel? Maybe anxious, scared, nervous, apprehensive – or were you excited and hopeful?

However you felt then is now a thing of the past. What is important is how you feel now!

Did you find that the exercises were easy to do, even pleasurable? We hope so!

It must be wonderful to be free of the worry, fear, humiliation and distress that your phobia used to cause you. We, at Morpheus Institute, are proud and delighted to have been able to offer you the simple NLP tools to free you from that upsetting prison.

What Else Can NLP Do For You?

We’re guessing that you are so impressed by how NLP has been able to help you, where other treatments failed, that you are now keen to try it in other areas of your life.

NLP can help you with self esteem, confidence, emotional issues, family issues, work issues…pretty much anything!

At the end of this manual, there are some more publications available from Morpheus Institute which you may find extremely interesting!

If you need further help or information, please visit www.phobia-fear-release.com
Top Ten Phobias

Here are the most common phobias reported by both men and women.

1. **Arachnophobia** – the fear of spiders. There is no escape from these eight-legged beasts. They live in our houses, gardens, and even our places of work. True arachnophobes are even scared of pictures of spiders.

2. **Social phobia** – the fear of social situations. More than simple shyness. This is an extreme fear of being scrutinised by others, or humiliated by one’s own actions.

3. **Aerophobia** – the fear of flying. In a plane, obviously. Often paired with claustrophobia.

4. **Agoraphobia** – the fear of inescapable situations. The result is anxiety and panic attacks, which can easily become self-perpetuating. Extreme agoraphobes are confined to their own home, which is the only place they consider to be safe.

5. **Claustrophobia** – the fear of confined spaces. Sufferers will stay well away from elevators, trains and tiny cupboards under the stairs. May cause panic attacks if escape is not possible.

6. **Acrophobia** – the fear of heights. Sufferers may have panic attacks and put themselves in genuine danger if they can’t get down. Often confused with vertigo – which is merely a dizzy or spinning sensation and not necessarily caused by heights.
7. **Emetophobia** – the fear of vomit. No one likes the sight or smell of vomit, but these sufferers will go to extraordinary lengths to avoid the stuff.

8. **Carcinophobia** – the fear of cancer. Although it’s not contagious, a carcinophobe will believe he has cancer because he touched someone else with the disease.

9. **Brontophobia** – the fear of thunderstorms. Also known as *astraphobia*. Child and adult sufferers alike hide away from thunder and lightning, lest they suffer panic attacks and have difficulty breathing.

10. **Necrophobia** – the fear of death.
Some Unusual Phobias

Aibohphobia - the fear of palindromes (a word that reads backwards the same as it does forwards, such as ‘racecar’ or ‘civic’)

Ambulophobia – the fear of walking

Anablephobia – the fear of looking up

Arachibutyrophobia – the fear of peanut butter sticking to the roof of one’s mouth

Aulophobia – the fear of flutes

Barophobia – the fear of gravity

Cataptrophobia – the fear of mirrors

Chionophobia – the fear of snow

Chromatophobia – the fear of colours

Chronomentrophobia – the fear of time

Cnidophobia – the fear of string

Cyberphobia – the fear of working with computers
Gamophobia - fear of weddings

Genophobia - fear of sex

Genuphobia – the fear of knees

Geumapobia – the fear of taste

Hippopotomonstrosesquippedaliophobia – the fear of long words (ironically long!)

Hypnophobia – the fear of sleep

Kyphophobia – the fear of stooping

Levophobia – the fear of objects to the left

Metrophobia – the fear of poetry

Mnemophobia – the fear of memories

Octophobia – the fear of the figure eight

Ommetaphobia – the fear of eyes

Optophobia – the fear of opening one’s eyes
Peladophobia – the fear of bald people

Pentheraphobia - fear of mothers-in-law

Scuirophobia – the fear of squirrels

Siderophobia – the fear of stars

And finally, spare a thought for sufferers of Panophobia, who are continuously engaged in the fear of *everything*...
Celebrity Phobias

We think you’ll be surprised by some of these...

Arranged alphabetically by first name

**ADOLPH HITLER** was claustrophobic and scared of cats

**AGNETHA FALTSKOG** - Blonde Abba star - is afraid of **heights, crowds, flying** and **open spaces**. She continues to live as virtual recluse on the remote island of Ekero off the coast of Sweden.

**ALEXANDER THE GREAT** – fear of cats

**ALFRED HITCHCOCK** had a fear of **eggs** (ovaphobia).

**ANDRE AGASSI** is apparently afraid of **spiders**.

**ANNE RICE** - "Interview with a Vampire" author - has stated that she's afraid of the **dark**.

**ARETHA FRANKLIN** is afraid of **flying** (aviophobia). She reportedly refuses to travel on aeroplanes, even for concerts on the other side of the country.

**BARBARA STREISAND's** social phobia prevented her from singing in public for twenty seven years. Whilst giving a concert in Central Park, New York in 1967, Streisand forgot the words to several songs.
5 Day NLP Phobia Release E-course

From then on, Streisand was worried that she might make embarrassing mistakes again if she performed in public and therefore totally avoided such engagements.

She learned to cope with her stage fright and gave a comeback tour in 1994. She gradually exposed herself to her fear of performing live, starting with a smaller warm up show, then a national tour and then performing in front of a large television audience. The gradual accumulation of positive responses to her performances led to a change in Streisand's thinking.

**BENITO MUSSOLINI** – fear of cats

**CHOPIN** - a fear of being buried alive

**CHRISTINA RICCI** is afraid that a shark might swim through a hatch into the swimming pool. She is also afraid of ghosts, gerbils and houseplants: (Botanophobia) "They're dirty. If I have to touch one after already being repulsed by the fact that there's one indoors - it just freaks me out."

**COLIN FARRELL** is afraid of flying

**DARYL HANNAH** suffers from agoraphobia - fear of open spaces, a fact she kept secret for many years fearing it might ruin her career.

**DAVID BOREANAZ** is claustrophobic, and has a fear of chickens, heights, and waterfalls - "You just want to jump in", he says, "they're really scary" - and fish - "They're scaly, if they come too close I have to swim away."

**DAVID GEST** – ex husband of Liza Minnelli – has a fear of telephones
DONNY OSMOND, who had his first major hit Puppy Love in 1972 and starred in the TV show Donny and Marie from 1976-1978 suffers from anxiety. Donny had stage fright and experienced a panic attack during a performance in 1994. The panic attacks prevented him from singing and made him believe he was going to black out. Donny was scared of shopping centres as he thought people might gather around to ridicule him. He sought assistance from a psychologist and engaged in cognitive behavioural therapy.

DWIGHT EISENHOWER – fear of cats

FORMER PRESIDENT RONALD REAGAN – fear of flying and claustrophobia

GARETH GATES (singer) has a fear of bats

GENGHIS KHAN – fear of cats

HANS CHRISTIAN ANDERSON - a fear of being buried alive

HOUDINI – claustrophobia (!)

HOWARD HUGHES was misophobic, he feared germs and contamination so much he burnt his clothes if he encountered someone who was ill.

JC has a fear of needles which is why he's the only member of the band NSync who doesn't have a tattoo.
JENNIFER ANISTON is afraid of flying

JOAN CRAWFORD was a germ phobia sufferer

JOAQUIN PHOENIX – fear of flying

KEANU REEVES is afraid of the dark.

JOHNNY CASH – fear of flying

JOHNNY DEPP is afraid of spiders, ghosts, and clowns (clourophobia). He says, "There's something about the painted face and the fake smile. There seems to be a darkness lurking under the surface, a potential for real evil".

CARMEN ELECTRA - Former "Baywatch" lifeguard - can't swim and has a phobia about water: "I get terrified anywhere near it and have a panic attack".

JULIUS CAESAR – fear of cats

JUSTIN TIMBERLAKE is afraid of sharks, snakes, spiders

ANDY WARHOL had a morbid fear of hospitals

KATHARINE HEPBURN was frightened of fire

KIM BASINGER is reported to suffer from panic, agoraphobia and social phobia.
LAURENCE OLIVIER developed social phobia when at the peak of his career. At the time he was both acting in and directing a play at the National Theatre, London. The problem started when he began thinking that he might be too tired to recall his lines. Olivier recounts in his autobiography that he suffered from social phobia for five years.

LIAM NEESON has a fear of heights - which is tough when you're 6'4! 

MACAULAY CULKIN is said to suffer from agoraphobia and has panic attacks when he's forced to leave his New York apartment.

MADONNA (full name MADONNA LOUISE VERONICA CICCON) suffers from Brontophobia - not a fear of large dinosaurs, but a fear of thunder.

MAHATMA GANDHI – fear of the dark

MICHAEL JACKSON – fear of flying

MUHAMMAD ALI – fear of flying

NAPOLEON BONAPARTE – fear of cats

NATALIE WOOD – actress - suffered from hydrophobia - the fear of water. Sadly, she went onto die from accidental drowning.

NELL MCANDREW has a fear of spiders and snakes which didn't stop her taking part in 2002's TV show "I'm a Celebrity Get Me Out of Here!" set in the Australian Rainforest.
5 Day NLP Phobia Release E-course

NICOLE KIDMAN is afraid of butterflies and acting! "It's weird", says the ex Mrs. Cruise, "because every time I start a film I think, 'I can't act'. I've tried to pull out of almost every one I've done because of sheer terror. I can always come up with a list of actresses who would be better, and try to convince the director to cast someone else by showing them the list."

OPRAH WINFREY has a phobia of chewing gum that stems from her childhood.

ORLANDO BLOOM has a fear of pigs.

PAMELA ANDERSON says “I have this phobia: I don't like mirrors. And I don't watch myself on television. If anything comes on, I make them shut it off, or I leave the room.”

RAY PARKS aka DARTH MAUL in "Star Wars", has a fear of spiders and other crawling insects

SARAH MICHELLE GELLER – Buffy the Vampire Slayer - has a phobia of graveyards. A fake graveyard had to be built from Season 2 onwards as she won't film in real ones if possible.

RUPERT GRINT Ron Weasley in the "Harry Potter" films, has a big fear of spiders: "The scenes in Spiders Hollow were particularly scary", says Grint. "When I saw Aragog (an enormous ancient spider who lives in the Dark Forest) for the first time, I wasn't acting - I was genuinely scared!"

SEAN "P. DIDDY" COMBS – fear of clowns
SHERYL CROW – fear of heights

SIGMUND FREUD - Father of psychiatry - had a morbid fear of ferns

STEPHEN KING – fear of clowns!

TOBEY MAGUIRE – Spiderman - doesn't suffer from arachnophobia, but admits to a fear of heights, according to USA Today!

WHOOPPI GOLDBERG is afraid of flying

WILLIAM SHAKESPEARE – fear of cats

WOODY ALLEN claims to have morbid fears of insects, sunshine, dogs, children, heights, small rooms, crowds, cancer and any place on earth outside Manhattan. He originally wanted to call "Annie Hall" 'Anhedonia' - the inability to feel pleasure. There might be a clue in the original title of Annie Hall.

United Artists couldn't come up with an advertising campaign explaining the meaning of the word. Allen compromised on naming the film after Keaton's character three weeks before the premiere.
NLP History and Background

NLP or Neuro-Linguistic Programming is mainly concerned with the studying and shaping of human capabilities, presentation and superiority and their utmost aim of creating transferable skill sets. At the beginning, its prime concern was to produce successful psychotherapists.

In the year 1970, Richard Bandler and John Grinder jointly created this new field called NLP from what they called re-modelling. Gregory Bateson was the person who influenced a large number of psychotherapists namely Fritz Perls, Virginia Satir, Milton Erickson, Bandler and Grinder.

The programming however has been able to exert its influence in various fields of life involving human communication such as education & learning, persuasion, negotiation, sales, leadership, team building and many more to add on to the list.

This programming is also useful in matters of decision-making, creative processes, health, medicine and athletic performances.

Neuro-Linguistic Programming mainly deals with the broader aspect of psychology and is more closely related to that portion of psychology, which mainly deals with human assessment and learning.

NLP is in reality a discipline that is entirely practical and realistic. Neuro-Linguistic Programming practitioners always want to find our how people perform and what exactly they perform.

They have the desire to find out what is the secret behind excellent and superior performance and what exactly makes them superior in comparison to ordinary performers.

After this, behaviours which are not up to the mark, are modelled to create transferable skill sets. For example there are some people who try to memorize a particular spelling by visualizing that in their mind’s eye rather than writing or remembering the spellings phonetically.

In this process of NLP there is a direct interaction between the models of internal representations like visual, auditory, kinaesthetic and gustatory and external features such as emotions, beliefs and behaviours.
Certain scientific techniques have been developed so that they may be applied to bring about several changes in behaviours and attitudes. These techniques help people to get rid of unnecessary phobias.

NLP practitioners can teach you how to handle several criticisms smartly and confidently. The techniques will also tell you how to restrict unwanted habits and behaviours as well as curing allergies.

Neuro-Linguistic Programming can be taught following two methods. One is through live training programs and the other by self-study or self-analysis.

NLP is truly devoid of a central theory and thus, its principles are often termed as ‘presuppositions’. The theory concentrates more on usefulness than on truth. It is all about competence and sophistication.

Neuro-Linguistic Programming is taught following three basic steps including experimentation, observation and feedback.

The success of NLP depends on its structure and sequence.

NLP is in fact a guideline for those who want to live a disciplined life and bring about variations in their thought and mode of conduct.
NLP and Huna help identify, define and facilitate a life path and purpose for self-improvement and personal development.

NLP and Huna, as cogs in the wheel of human development, deepen your ability to connect with your inner highest wisdom and to create deep level transformations. Valuable media for opening up the mind to new possibilities, Huna and NLP are capable of creating powerful personality changes.

NLP and Huna act as dynamic catalysts in releasing the negative aspects of people’s lives by delving into the inner conscience. Huna uses a psycho-spiritual approach, which cleanses spiritually, mentally and physically through introspection.

The origin of the word Huna is Hawaiian, meaning "secret." Huna, in its purest form is ancient knowledge enabling a person to connect to his highest wisdom within. NLP, on the other hand, is the practice of understanding how people organize their thinking, feeling, language and behaviour to produce the results that they do.

NLP provides people with a methodology to model outstanding performances. It can be described as the science of how the brain codes, learning and experiences.

NLP is the study of modelling excellence - NLP practitioners seek to discover how people do what they do. They study how experts and top-class performers excel in a given area, concluding what is "the difference that makes the difference", and then modelling those behaviours to create transferable skill sets.

NLP and Huna have grown in many directions since their inception and have found applications in most areas involving human communications, such as learning, negotiation, sales, leadership, team-building, decision-making, creative processes, health, and athletic performance.

NLP and Huna can be taught through live training programs, but also through self-study by using techniques. When you completely understand
and successfully utilize the fundamentals or "seven principles" of Huna, you can produce healing and harmony through the power of the mind.

This ancient healing art and earth science is spiritual in nature, the absolute experience integrating the mind, body and spirit.

Neuro-Linguistic Programming describes the fundamental interplay between mind (neuro) and language (linguistic) effects on the body and behaviour (programming). The basic premise of NLP is that our attitudes are, in a sense, a self-fulfilling prophecy.

The ancient Hawaiians used a group conflict solving process known as the ho'oponopono. This traditional problem solving method is still used today by modern Hawaiians to resolve situations that are unproductive and/or destructive to the interest of individuals and to the community.

NLP too provides many skills and tools for addressing and resolving both internal and interpersonal conflicts.

If you want to have more choices about your behaviour and emotions, and wish to enhance your communication and relationships and develop new abilities in your thinking, then NLP can provide you with the course of action for achieving that.

NLP and Huna call upon leading edge processes to enhance your influence in the world and create deep changes within yourself and anyone that you choose to work with. One might acknowledge NLP and Huna teachings as nature's tools helpful in development of inner knowledge, self- realization and enhancing innate psychic abilities.
Suggested NLP Books

From NLP books, you will come to know that NLP or Neuro Linguistic Programming primarily originated in USA in the early part of the 1970s.

NLP is a process in which you learn how to bring about remarkable positive changes in life through systematic thinking and behavioural approaches.

In recent times, NLP has become a widely accepted subject and is being successfully implemented in diverse fields of management, sales, marketing, education, therapy, sports and personal development.

Constantly, NLP books and workshops are gaining positive feedbacks because of their universality and distinct methods of implementation in various spheres of life.

The first book of NLP was the two-volume Structure of Magic I and II. However, the Structure I of this book is primarily a doctrinal thesis on Linguistics.

The productivity and resourcefulness of NLP books and workshops from 1972 to 1974 is immensely impressive and praiseworthy. In the particular book of The Structure of Magic II and I you learn about the plus Patterns of the Hypnotic Techniques of Milton. H. Erickson (MD). This book was published in the year 1975.

If you have no formal idea about NLP, then certain introductory NLP books would help you a lot in understanding the ways and techniques of Neuro Linguistic Programming.

These books would inform you that NLP is all about bringing positive transformation into your thinking, feeling and acting patterns. However, such a process is fairly apart from the age-old learning process of reading, understanding and memorizing.

In several workshops, books about NLP are wisely used as it makes it easier for an NLP practitioner to discuss and interact with those interested to know more about the subject.
“Unlimited Power” by Anthony Robbins is one of the most popular introductory books on NLP. This book has plenty of Robbins’ hype and hyperbole but at the same time, it is an excellent practical account, which will help you to understand the concept of NLP more vividly.

“Frogs into Princess” by Richard Bandler and John Grinder is another most notable NLP book, which is entirely therapy oriented and it is in fact one of the first populist books on NLP.

Other notable NLP books include:

- “Using Your Brain For a Change” by Richard Bandler
- “Heart of the Mind” by Steve and Connirae Andreas
- “An ABC of NLP” by Joseph Sinclair and Stephen Bray
- “Awaken the Giant Within” by Anthony Robbins
- “Influencing with Integrity” by Genie Z Laborde
- “Beyond Spelling” by Dan S Bagley III and Edward Reese
- “Performance Management” by Michel D McMaster
- “Visionary Leadership Skills” by Robert Dilts

“Magic Demystified” by Byron A. Lewis and Frank Pucelik is to the point but full of valuable information. This book is quite indispensable for those who are engaged in Practitioner Certification Program.

NLP books are quite easy to follow and they clearly explain the various thinking and behavioural techniques to improve and enrich your existential qualities and help you to proceed towards your desired goal in life.
NLP Seminars

Going to free preview evenings of NLP Seminars will help you to decide if you really need NLP training programs.

It is great fun to simply hang out at these free sessions at London or Milton Keynes (UK). Bring along a friend and together find out what you want to know about NLP.

NLP Seminars are very methodical. Try out the two-hour interactive session, and you will find out the basic ideas about NLP.

In addition, when you know the attitudes, methodologies and techniques of NLP, you could almost start working them out as well. You are invited to ask questions.

Besides, you will receive tips on your communication skills. And best of all, it’s free! NLP Seminars are actually too tempting for an enthusiast!

NLP Seminars include detailed steps. First, its working presumptions are laid out. You will come to know, how and why it works in the way, it does.

Then, you are told about the classification of the conditions beneficial to erudition and personal development. Other than these things, the fundamental characteristics of NLP and its techniques are also explained to you.

Richard Bandler, one of the co-founders of NLP, accredits the certification of some of the programs. A 2-Day foundation, 3-Day practitioner basics and 3-Day practitioner accreditation, will certify you with practitioner accreditation.

If you want to be a master practitioner accreditation, three master classes are mandatory.

Learning effective techniques to improve your communication skill will do wonders to your existence. Both, your personal and professional life will shoot high.
What is more, Richard Bandler’s recent advance is a great mish mash. East and west, quaint and modern, the present development is truly innovative. Then there is the endearing program of Neuro-Hypnotic Repatterning.

The Persuasion Engineering courses are evidently becoming very popular. The reason is the positive result that the course triggers off. You will find more than just a handful of people who have benefited. They will tell you how they have been transformed, almost magically.

NLP Seminars are an eye opening experience. Here, you will get the first taste of a promising and better life. Once you have attended the free sessions of these Seminars and surveyed its techniques, you will almost certainly become a potential user.

The NLP Seminars are unparalleled. What is more, the founders of NLP, Richard and John are attributed almost superhuman status. Yes, just because of their success story.

You can visit the free sessions and check it out all by yourself. All this is because of their effort in serving the clients with their unvarying zeal to perfection.

Just remember, as magical as it seems, this is much more than magic - it is pure science.
Neuro linguistic programming training will hone your skills and give you the attitude that you have always wished for.

Training is often designed in such way that people in the remotest corners of the earth could make use of it and the effective aspects of this certification course.

As it comes in both live and in home study material where you could sharpen and develop your basic skills and make your journey towards success.

**Neuro linguistic programming training comes in two different categories:**

- Basic certification Course
- Masters Practitioner Certification

In each stage of the certification course, you will learn something new that would enhance your basic skills and thereby would make you to stand one step ahead of others on your path towards success.

The main aspect of the Neuro linguistic programming training is to make you aware of the beneficial and futuristic aspect of the NLP.

It teaches you what NLP is and how you could use it in your daily life in order to stay ahead of the others.

It’s quick to learn so that you can judge the power – packed course more intensely. People tend to define NLP according to their own perspective.

You should be enrolled in NLP training so that you could define NLP in a comprehensive way and could use it in your daily life.

**In this Certification course of NLP you would learn:**

1. Effective and complete communication.
2. Understand humane behaviours.
3. Able to build rapport.
4. With stand dark memories.
5 Day NLP Phobia Release E-course

5. Possess controlling power.
6. How to cope in tough situation.
7. Enhance your learning skills.
8. Motivate others.

The course is so designed that people with lowest blend of mind could easily understand the functional and beneficial aspects of NLP. After all Certification Courses are taught by using NLP.

In Masters Practitioner Certification, you would learn to develop the ultimate pattern of success. It is a more powerful training. For you would learn to create new patterns, success and achievements.

In Master Neuro linguistic programming training you would learn to:

1. Motivate others.
2. Able to understand people.
3. Radiate charisma.
4. Develop controlling powers.
5. Enhance subconscious communications.
6. Covert strategies.

This course comes in both live and home study designed to make you more resourceful than others courses do. This NLP training is power-packed, short, rapid and more useful than long, drawn out, formal training.

Through Neuro linguistic programming training, you would be able to lead a healthy and more meaningful life. Further more, you will be able to give your life added and more comprehensive dimension.
About The Writer

Unbelievably, these revolutionary methods of treating phobia are absolutely painless, harmless and easy and work with surprising rapidity.

I, Jan Heering, have undertaken to share my knowledge of a reliable phobia cure with those who need it most.

My website, [www.phobia-fear-release.com](http://www.phobia-fear-release.com) has been created for phobia victims who find themselves trapped in a mire of irrational fear.

Besides being the Founder and President of the Morpheus Institute, I am a Master Coach, psychological trainer and author. As a mental coach in Amsterdam, Netherlands, I have personally treated huge numbers of phobia patients.

My prolonged association with phobic disorders has led me to feel a deep empathy with the plight of the sufferers. Therefore, I have devoted my understanding of psychology and years of experience to finding reliable cures for phobic disorders.

You may have been suffering from harrowing experiences of crippling unrealistic fears for a lifetime. You will not believe how easy and quick it can be to do away with that torturous phobia forever.

In my manuals I have detailed the best methods of treating phobias on a permanent basis. All these techniques have been used with amazing success on phobia patients.

As a psychology expert, I felt it was my duty to share this boon with you all, who are suffering unnecessarily.

A wealth of information is here on how different methods work or fail in treating phobias. I have exercised my skill in explaining the mental framework of phobia. Armed with the knowledge of what exactly is plaguing you, you can move forward to choose your weapon to destroy it.

You will find a balanced view on how traditional methods tackle phobic disorders and how the new techniques score over them in eliminating the problem altogether.
My website, www.phobia-fear-release.com provides you with the choice of several products on self-help practices and books. You can choose to adopt any method that suits you best. All the treatment approaches are very proficient and safe.

You can also sign up for the RSS feed of the website of benefit from our quest for eliminating phobias. www.phobia-fear-release.com/phobia.xml (Copy this code into your RSS reader)

All the best,

Jan Heering
Phobia Treatment Expert
Master Coach
Founder and CEO of Morpheus Institute
www.phobia-fear-release.com

And Author of several E-books and Manuals:

Energy Therapy Fast Phobia Release Manual

Personal Power Instantly Manual

High Self Esteem Instantly Manual
Jargon Buster

A glossary of terms used in this manual

- **alpha state** – a relaxed state
- **alpha waves** – brain waves of a relaxed brain
- **analytical** - using or skilled in using thought processes to reach a conclusion
- **analytical thinking** – also called dissociation - when you remain unmoved by something and are able to think about it calmly and logically.
- **anchoring** - creating a physical action (the finger and thumb compression) that will bring a desired mental state
- **association** – also called experiential thinking – being so ‘in the moment’ that everything else ceases around you, i.e. when being so engrossed in a film that it appears you are living in it.
- **auditory** – what you hear
- **aura** – a field of energy that emanates from matter, especially living things. Often seen as varying colors
- **Azapirones** - anti-anxiety medications – a mild tranquilizer.

**B**
- **beneficial** - helpful
- **Benzodiazepines** - anti-anxiety medications – a mild tranquilizer.
- **break state** – suddenly thinking of something else other than your current stream of thoughts.

**C**
- **cell memory** - memories that may have been embedded in the cells of your ancestor and then passed down to you.
- **chakras** - energy vortexes that organize energy as it enters the body. There are seven main ones on the body, although there are many smaller ones notably associated with the joints
- **clockwise** – going from left to right, in the same direction as the hands go around a clock
5 Day NLP Phobia Release E-course

- **cognitive therapy** - identifying and changing the ‘wrong’ thoughts and therefore changing the emotions and behaviors of patients
- **comfort zone** - artificially created mental boundaries, within which an individual derives a sense of security.

**D**
- **desensitisation** - the teaching of relaxation techniques and then the gradual introduction of the person to the object or situation of their phobia – beginning with the smallest fear first and working up to the biggest one.
- **diminishing** – becoming less or smaller
- **dissociation** - also called analytical thinking – when you remain unmoved by something and are able to think about it calmly and logically.
- **double dissociation** - your brain has taken two steps back from your fear i.e. when you visualise both seeing your picture on the screen *and* yourself sitting watching it

**E**
- **emotional freedom techniques** - claims that accessing the energy meridians at the same time as thinking of a negative emotion will enable the body's energy field to be altered and restored into a balanced state.
- **energy field** - electromagnetic field that is created by the body and sits 3-5 feet around us
- **entity** – something which is perceived or known or inferred to have its own distinct existence
- **experiential thinking** – also called association - being so ‘in the moment’ that everything else ceases around you, i.e. when being so engrossed in a film that it appears you are living in it.
- **exposure therapy** - a type of behavior therapy where the phobic person is made to confront the situation, object, thought or memory that they find so fearful.

**F**
- **fear triggers** – any stimulus which makes a person frightened
- **flooding** – the most aggressive form of exposure therapy where the exposure may last for as long as two hours each time.
5 Day NLP Phobia Release E-course

G
• gamma rays – brain waves showing the person is focused and alert.
• gastrointestinal – stomach and gut
• graduation – the gentlest form of exposure therapy, where the person may have to face the stimuli that distresses them in short bursts.

H
• ho'oponopono - group conflict solving process used by the ancient Hawaiians. utilized by modern Hawaiians to resolve situations that are unproductive and/or destructive to the interest of individuals and to the community.
• huna - ancient knowledge enabling a person to connect to his highest wisdom within.
• hypnotherapy - putting a person into a highly suggestible state and is therefore used to alter their behavior, emotions and attitudes.
• hypnotic suggestion - putting a person into a highly suggestible state and altering their behavior, emotions and attitudes.

J
• John Grinder – A co-founder of NLP with Richard Bandler

K
• kinaesthetic – what you feel and sense

L
• learned response - a reaction that has been learned by copying someone else’s reaction to a situation and believing it to be the correct reaction.

M
Morpheus Institute – founded by Jan Heering, Phobia Treatment Expert, Master Coach, psychological trainer and author. Morpheus Institute is at:
Meerpaal 11
1186 ZM Netherlands
Netherlands
MRI - a non-invasive procedure that produces a two-dimensional view of an internal organ or structure, especially the brain and spinal cord.

N

nauseous – feeling sick

NLP - the practice of understanding how people organize their thinking, feeling, language and behaviour to produce the results they do.

P

Phobia - an uncontrollable, irrational, and persistent fear of a specific object, situation, or activity.

phobic – suffering from irrational, disabling fear

phobic reaction – a physical, emotional and mental response to an irrational, disabling fear

power animals - the spirits of animals called upon for help by the Native Americans during shamanic rituals.

psychology - involving the scientific study of mental processes such as perception, cognition, emotion, personality, behavior, and interpersonal relationships. ...

psychotherapy - any type of counseling based on the exchange of words in the context of the special relationship that develops between a mental health professional and a person seeking help

R

reinforcing – making stronger

re-programming – changing an habitual pathway of thought or action

Richard Bandler - One of the co-founders of NLP with John Grinder.

S

Single session debriefing – a standard practice after traumatic events – forcing the person involved to face up to what has happened.

SSRIs - Selective Serotonin Reuptake Inhibitors – a type of anti-depressant medication.

stimulus (plural, stimuli) - Anything that provokes behavior
• **submodality** - your own personal stimulus, which may be hearing (auditory), seeing (visual) or Kinaesthetic (what you feel and sense)

• **systematic desensitization** - the phobia sufferer is initially taught relaxation skills with the aim of controlling their fear and anxiety responses to their particular phobias.

T

• **TCAs** - Tricyclic Antidepressants – a type of anti-depressant medication.

• **The Lancet** - one of the oldest peer-reviewed medical journals in the world, published weekly by Elsevier

• **therapeutic** - an activity is therapeutic if a participant derives benefit, shows improvement or feels better once engaged

• **third eye** - considered to be your Psychic centre. It helps with vision in many aspects of our lives – concentrating, intuition, and visualisation to name a few.

• **Trauma** - Injury to the body, or an event that causes long-lasting mental or emotional damage.

U

• **unconscious mind** - that part of the mind wherein activity takes place of which the person is unaware

V

• **virtual reality** - technology which allows a phobia sufferer to interact with an environment which is computer-simulated.

• **visual** – what you see

• **visualize** - to form a mental image or vision; to imagine
Recommended Books

Energy Therapy Fast Phobia Release Manual

You can vanquish your phobia even quicker with the help of my Energy Therapy Fast Phobia Release manual. Studies are showing Energy Therapy to be the best technique for releasing phobias and fears as it is proven to be quickly effective, safe, and long-lasting.

Eliminate the myths and the unsuccessful methods. Avoid paying an arm and a leg for something that doesn’t work and don’t even think about taking a pill.

Instead, utilize a 2000 year old method that has been successful time and time again. How can you go wrong?

For more information, please see Energy Therapy Phobia Release.
Personal Power Instantly Manual

My PERSONAL POWER INSTANTLY manual is a very sought-after manual teaches you how to obtain great personal power from within. Not only will you find your confidence, you’ll become aware of your own self-worth and carry that in stride throughout your life. Personal power comes from inner strength.

In this manual, I teach you how to find that inner strength deep down and how to bring it up to the surface and use it for supreme personal empowerment.

That is something no one can take away from you. Get a boost on yourself and get a boost on life.

For more information, please visit Personal Power Instantly
High Self Esteem Instantly Manual

My High Self-Esteem Instantly manual will assist you to very quickly break out of that mental cage of low self-esteem and take life by the hands. Your hands!

No more living life in bondage and feeling suffocated.

This manual teaches you the very effective techniques you need to take control of your life.

These amazing techniques only take a few minutes! And they are permanent!

Once you’ve broken free, there is no going back. Or rather I should say, there is no more holding you back! Take this step and take care of yourself. It’s past time you did.

For more information, please see High Self Esteem Instantly
5 Day NLP Phobia Release E-course

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