

Psychological Reasons of Phobia

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The psychological nature of fear and phobias, as one of the most important research topics of psychology, has received to date is strong enough at first glance at the description. Psychology defines fear as "Fear as an emotional process in which the basic emotion is inherent, and genetically given a psychological component. Fear mobilizes the body for the avoidance of various dangerous situations. And that's not a fact, asserting the inherent genetic mechanisms can only watch them in infancy. All that after infancy can be purchased. Yes, it can be seen as a baby cries, as the handle pulls back, as he extended his pupils. But is it proof that he is afraid? The reaction and fear are two completely different processes. What do we know about the feelings of the baby? Nothing. We have reason to believe that infants do not experience fear. Fear as an emotion is formed later, and is not innate. Similarly unfounded is the belief that fear is necessary to avoid dangerous situations. See for yourself how many "avoidances," you do every day without any fear? Even in potentially dangerous situations (assuming that there is no time to think) there is no fear, it comes later, when the mind turns and reflects on the events that transpired (Oltmanns, 2007).

Phobias are fundamentally no different from fear. Phobias are obsessive fears, intense and irresistible fear, embracing man, despite the understanding of the futility and attempts to cope with it. That is, in terms of the emotional state of fear and phobia are equal.

Fear has many faces. Fear manifests itself in the form of painful, repressed state and as a sense of imminent danger. Sometimes the fear can be described as an indefinite state of loss of value or as an implicit desire to avoid anything not understood, but clearly present. Fear is the discomfort, helplessness, confusion, somewhat like squeezing or increasing. Fear may seem like

a numbness or even paralysis, and may constitute up to the excitement of uncontrollable excitement. For all its multi-faceted nature, fear in other sense of confusion is impossible. Fear, as a psychological state is identified immediately and unequivocally. Perhaps for this precision and ease of identification, is a simple point? Try to understand.

Some researchers explore the psychological causes of fears and phobias based on the four personality types. For the schizoid personality, it is a major cause of fear of the threat of a violation of his personal space. There is a fear of intimacy in relationships, openness to feelings, and confidence. Depressed individuals contrary to the prevailing desire to trust someone contacts, longing to love and be loved. This partner is an overvalued object. Similarly, the most dangerous thing for fear is the loss of such individuals in its various external manifestations which is the fear of isolation, distancing, helplessness and loneliness, and fear of abandonment. It is terrible to anything that reminds him of the transitory, of the variability. So they are trying to find or restore already felt and tested. And the last hysterical personality type - aims to change and freedom, craves a new and even risky, they tend to the future. These people have a fear of finality, necessity and limitations. They are afraid of any restrictions, customs, laws and order. In each of the four cases, the cause of fear is an intermediate situation. In such a system, getting rid of one of his fear, the person remains at rest (Fredrickson & Cline, 2008).

References

Frederickson, N., Miller, A., & Cline, T. (2008). Educational psychology. London: Hodder Education.

Oltmanns, T. F. (2007). Case studies in abnormal psychology (7th ed.). Hoboken, NJ: Wiley.