

Facing fears of spiders



Facing fear can be very scary, it is a basic survival mechanism occurring in response to a specific stimulus, such as pain or the threat of danger. Fear is an emotional response to a perceived threat. Fears can be a specific phobia, or a social phobia, such as an intense, paralyzing fear of something that perhaps should be feared, but the fear is excessive and unreasonable.

People need to come in contact with their fears, and recognize that the problem won't be resolved if they don't face the facts of their situation.

One of the problems that I faced is the fear of spiders it gives me chill bumps, it makes my skin crawl to where I sweat excessively. I can't stand to look at it, or kill it I will leave the room and have someone else kill it for me. That is a huge problem that I face everyday and night it won't leave it's on my mind constantly. That is operant conditioning, learning in which voluntary responses are controlled by their consequences. Probability of an action being repeated is strengthened when followed by a pleasant or satisfying consequence.

When I was a little girl I used to go down south to visit my family, and one day when I was there, I had come across a big hairy spider that was in her laundry room, and I remember what happened to my cousin. My cousin was bitten by a brown recluse, that spider put a hole in her leg to where she was in the hospital for days it was very nasty looking. That night I remember when I went to sleep and woke up that next morning, it was one on my arm that spider scared me so bad to where I knocked it off of me so fast, and hard to where I killed it instantly, but one thing it didn't bite me at all.

Every since then I always been scare of spider. That is a classical conditioning because it's an emotional response to a previously neutral stimulus. Classical conditioning occurs, when a neutral stimulus becomes paired associated with an unconditioned stimulus to elicit a conditioned response. Cognitive social theory emphasizes thinking and social learning in behavior. That is why I don't like to think about spider, instantly my mind is on them, if I don't see one I will be fine. Sometime I sit back and try to understand, why am I so afraid of spiders? Why can I stay in the room with one?

Why the fear is so bad to where I have to leave? Spiders is not my cup of tea at all, and it is hard for me to face my fear of them I don't have the heart to do so because I am that afraid of them. I have learned a lot about spider it gave me vital information that I need to know about them. I learned about different types of spider, and what they do and which ones can be very harmful and which ones are not harmful. Some spider cannot live in cold weather mostly the deadly ones have to be where the climate is warm all year round. They come in a million colors and patterns, and they are very strong for their size. ([www. ehow. om](http://www.ehow.com)).

People say in the world that spiders is a beautiful thing it help save our life without spider in the world then it would be a lot of insect surround us. I say no one knows how or why phobias start, but many researchers and clinicians cite “ aversive conditioning”. The systematic avoidance of a feared object or situation until the fear increases to irrational proportions as a major factor. The cure, professionals believe, lies in breaking the association between stimulus and fear by subjecting patients to anxiety-producing stimuli while

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allowing the anxiety to dissipate. ([www. virtualgalen.com/virtualhealing/phobia. htm](http://www.virtualgalen.com/virtualhealing/phobia.htm)).

Arachnophobia is the name for the fear of spiders. It is the most common example of an animal-based phobia and many people experience it mildly. For some people it has very intense effects. Different people suffer to different degrees and to those who do not suffer phobias seem irrational, the afflicted person reacts intensely to the merest sign of the phobia causing animal. It is often difficult, if not impossible, for those of us not suffering to make any sense of what they are experiencing. Phobias can be stimulated by many animals but spiders are the most common source. ([www. earthlife.net/chelicerata/arachnophobia. html](http://www.earthlife.net/chelicerata/arachnophobia.html)).