|  |  |
| --- | --- |
| **FLOODING** | **As they are fearful, their arousal increases: their heart beats fast, they sweat more etc** |
| **The phobic person is put in the most fear inducing situation for some time** | **It is not possible for this very high arousal to continue for long periods of time** |
| **Eventually the person’s arousal system gets fatigue (tired) & so heart rate etc decreases** | **This method causes the fear reaction to be extinguished**  |
| **A new calm response is now associated with the situation through classical conditioning** | **The only help offered by a psychologist is encouragement to relax by slow breathing** |
|  | **The experience can be very traumatic & has ethical problems if the person wants to leave the fear causing situation** |