- Common in populations, but different from normal revulsion
  - Early onset [7 yrs old]
- **Natural Type:** natural environment type
  - Fears of natural events
  - Usually more than one fear
  - Peak onset [7 yrs old]
- **Other Types:**
  - Fears of contracting disease/illness
  - Fear of choking
- **Facts and statistics:**
  - Occurs in 11% of population
  - Top fears: heights and snakes
  - Females more afraid than men
  - Runs a chronic course
  - Hispanics more than Caucasian Americans
- **Causes:**
  - Direct traumatic conditioning
  - Observational learning
  - Information and language
  - Having a panic attack
  - Probably some evolutionary basis
- **Exposure and more exposure:**
  - Structured and consistent
  - Confront objects of fear
  - Extinguish anxious responding
  - Disrupt avoidance/ escape
  - Blood injury/ injection differs
- **Social Phobia:**
  - Clinical description: marked and persistent dear of one or more social or performance situations
  - Most common type of social fear is public speaking
  - Interfere with life functioning
  - **Facts and statistics:**
    - Occurs in 13.3% of pop
    - Most prevalent disorder