

Facing your fears I: graded practice

My fear	What it's really like for me
Spider phobia	<i>My anxiety is triggered by medium-sized and large spiders, I can tolerate small ones. I can't bear a large spider in the same room as me, but I am reasonably comfortable if I know one is in another room. I am less afraid of spiders during the day or in good light (when I can see them) and I feel much less anxious when I have someone with me. I'm also better in a familiar room as I think I know where spiders might lurk.</i>