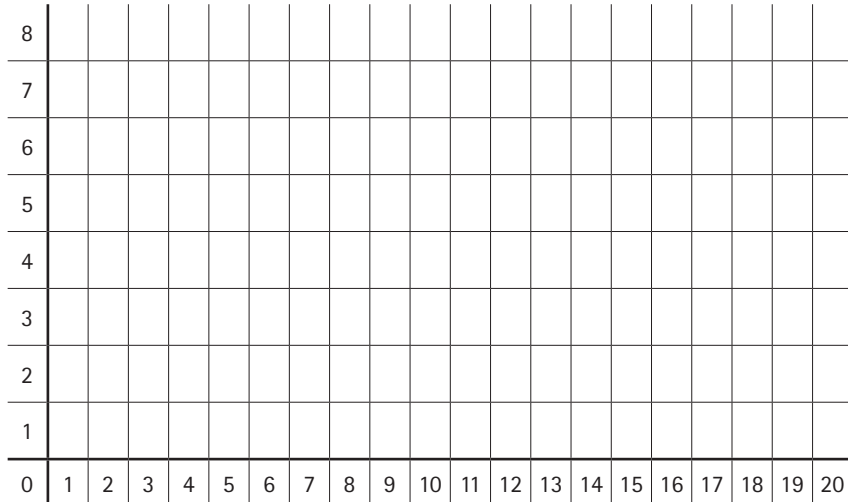


Phobia scale scores

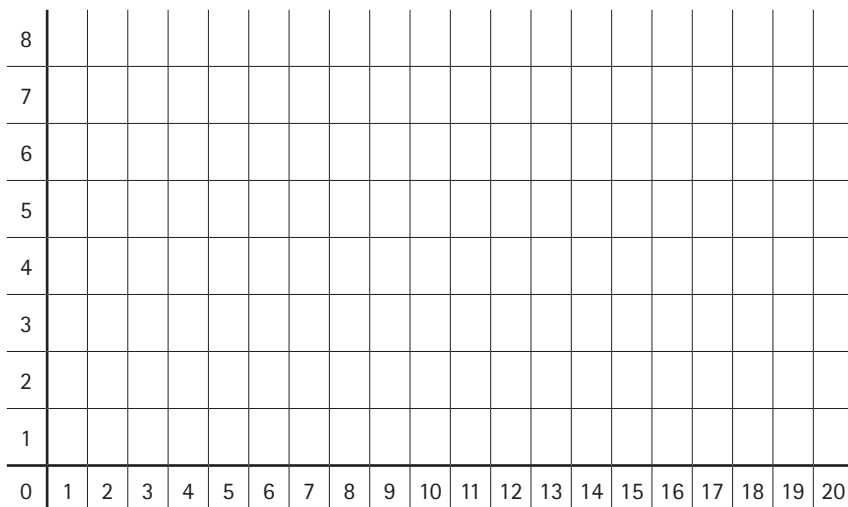
Plot 'scores' on the vertical axis

1. Social situations because of a fear of being embarrassed or making a fool of myself.



Time/Weeks

2. Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness).



Time/Weeks

3. Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying).

8																				
7																				
6																				
5																				
4																				
3																				
2																				
1																				
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Time/Weeks