## **Case Conceptualization for Phobias**

**Presenting Problem:**

Is phobia simple or process?

**Symptoms:**

**When was the first time the fear was experienced?**

**When was the most upsetting experience?**

**When was the most recent experience?**

**Are there any association present when you encounter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

 **(feared stimulus)**

**(Whatever the fear is here, ride an airplane, an elevator, go to the dentist, or get a blood test, etc. It can also be used for habits like biting nails, biting lip, pulling hair, etc.)**

**Is there anticipatory anxiety if you know you are going to have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

 **(feared stimulus)**

**Other memorable times:**