

Meet Tamara who experienced a specific phobia of heights

She was terrified of heights and she had tried to adapt her life to avoid situations which involved being up high where she could. She knew that her fear was excessive to the situation, but she couldn't even stand the thought of heights. At university this meant she was struggling with being in some buildings and lecture rooms which had begun to affect her studies. She had even chosen a ground floor room in halls so she didn't have to use the lift or look out of the window above ground level. She used an evidence based approach called Cognitive Behavioural Therapy (CBT) to help with her difficulties.

Tamara's physical symptoms

Heart racing
Sweating
Shaking
Dizziness

Tamara's behaviours

Avoiding looking out of windows above ground level
Not going to university lectures in some buildings or rooms
Not talking elevators or lifts
Driving the long way home to her parents to avoid tunnels and bridges

Tamara's altered thoughts

"I can't stand it"
"If I get anxious I won't be able to cope"
"If I get dizzy I will fall"