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BLOG

Is Fear Making Your World Smaller?

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Ask Yourself

- Do I skip checkups because of needles?
- Have I turned down trips or events?
- Is my list of places to avoid growing?

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Places Agoraphobia Can Touch

- Buses, trains or planes
- Stores, theaters or crowds
- Being outside the home alone

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First Steps

- Start with a video visit from home
- Ask about exposure-based therapy
- Thoughts of suicide? Call or text 988

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Read the full article

Specific Phobias and Agoraphobia: When Fear Shrinks Your World

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.