
Fear Acquisition

Phobia	Traumatic Experiences	Observational Learning	Informational Transmission
Elevators	Had an unexpected panic attack in the elevator	Watched a movie in which 5 people were trapped in an elevator	My grandmother always told me to get out of elevators as soon as the door opened
Dogs	Was bitten by a large dog	Saw a dog chase my neighbor	Father always told me to stay away from strange dogs
Storms	Drove in a bad storm and almost was in an accident	Saw lightning strike a tree	I read about someone who was struck by lightning
Needles	Fainted during an injection	Saw brother panic during a blood transfusion	The doctor warned me to look away during a blood test

Figure 3.1

Example of Fear Acquisition form