Meet Rob who experienced a specific phobia of blood, injection and injury

He experienced high levels of anxiety if he came into contact with blood or injections or at the thought of them. He struggled to even write the word blood or look at images of needles or injections. He would avoid this at all costs which gave him some relief from the fear in the short term, but in the longer term maintained his difficulties. He needed an operation on his knee as he had hurt himself playing 5 a side. He used an evidence based approach called Cognitive Behavioural Therapy (CBT) to help with his difficulties.

**Rob’s physical symptoms**
- Heart racing initially then reducing
- Blood pressure dropping
- Feinting

**Rob’s altered thoughts**
- “I will collapse and hurt myself”
- “If I get anxious I won’t cope”
- “I can’t stand it, it will harm me somehow”
- “It is stupid I am like this, I need to man up”

**Rob’s behaviours**
- Avoiding his operation and rescheduling it
- Avoiding going to the doctors or to see the practice nurse
- Avoiding going to the dentist when need dental work
- Not watching TV shows where there could be blood, needles or accidents
- Avoiding things where he could cut himself