



Thesis- There are many factors of achluophobia including the history, the cause, and the treatment.

I. Intro

A. Does dark...tremble...does night...panic...

B. Achluophobia- The fear or darkness or night time. (Achluphobia 1)

1. This is a common fear in children, and sometimes adults (Get Rid.. 1)

2. It causes unnecessary distress and limits what a person can accomplish. (Get Rid.. 2)

C.Thesis- many factors.... history, cause, treatment.



II. History

- A. We all remember when we were kids and the dark was utterly terrifying. Eventually the fear goes away as we get older- but not for some. There are teenagers- adults even, who still shutter in the night and freak in the dark.
- B. Some symptoms would be, feeling of panic, terror, dread, shortness of breathing and rapid heartbeat. (Symptoms 1)



C. 11% of the US Population has Achluophobia. (Fear 1)

Causes



III. Causes

- A. Something could have happened in early childhood to traumatize a person and cause achluophobia. (Achluophobia: Fear of Darkness 1)
- B. Scared by someone or something
- C. Got hurt in dark
- D. Horror movies



IV. Treatment

A. Exposure therapy. Patients get exposed to the darkness and by that some will overcome their fear. (Achluphobia (Fear of Darkness) 1)



B. Desensitization. This is most suggested for treating phobias including achluophobia. This is similar to exposure therapy in the means of exposing the patient to their fear, but this uses small stimuli to slowly get the patient to not respond to their fears. (Achluophobia (Fear of Darkness) 1)



C. Cognitive Behavior Therapy. This is simply having the patient go through a "rehab" to change their behavior. This method isn't common with treating achluophobia as it is treating addictions. (Achluophobia (Fear of Darkness) 1)



V. Conclusion

A. There are many factors of achluophobia including the history, the cause, and the treatment.

B. Many people think the fear of the darkness is childish and stupid, but imagine if you had achluophobia and realize that it is serious. People cannot sleep and be comfortable and most definitely cannot function like they should.



C. And if you are one of those individuals.... Grab your night light.

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