



Snakes, spiders, terrifying heights – as the celebs face their deepest fears, we reveal how our readers cured themselves

Free yourself from PHOBIAS



Hypnotherapy

PROBLEM:
AEROPHOBIA
Fear of flying

Ellie House, 24, a project coordinator from Reading, Berkshire, says:

'My fear was triggered by a flight seven years ago. There was an electrical storm and everyone was panicking. I was convinced we were going to die.'

'I thought the fear would pass, but for years, just the thought of going on a plane brought on a panic attack. Then, earlier this year, my friends decided to organise a trip to Central America. I was determined to take part, so I went to see a hypnotherapist.'

'Throughout the session, I felt very relaxed but fully alert. It was only when I



was told that what felt like 10 minutes had actually been an hour that I realised I'd been hypnotised. I felt so amazing afterwards, I only needed one session.'

'The hypnotherapist explained she'd replaced my feelings of panic with excitement, and I spent the whole 14-hour flight to Mexico buzzing. I couldn't believe it had worked, but I'm so glad it did – I had the trip of a lifetime.'

For more information about hypnotherapy, visit www.ursulajames.co.uk.

Terrifying rope bridges, filthy rats, venomous snakes – there's no end to the horrors about to be faced by contestants on ITV1's *I'm A Celebrity, Get Me Out Of Here!*. But what if these frights turn out to be their ultimate phobias? How will our favourite celebrities cope? Desperate to help as always, *Reveal* asked four readers to share their worst phobias and, more importantly, how they got over them. Celebrities – take note!



UK'S TOP 10 PHOBIAS

- 1 **Arachnophobia**
Fear of spiders
- 2 **Sociophobia**
Fear of social situations
- 3 **Aerophobia**
Fear of flying
- 4 **Agoraphobia**
Fear of open or public spaces
- 5 **Claustrophobia**
Fear of confined spaces
- 6 **Emetophobia**
Fear of vomiting
- 7 **Acrophobia**
Fear of heights
- 8 **Carcinophobia**
Fear of cancer
- 9 **Brontophobia**
Fear of thunder and lightning
- 10 **Necrophobia**
Fear of death and dead things