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Reflecting on your exploration of phobias, please summarize the steps we took, from the introduction of phobias to your presentation of treatment plans. (Summarize the topics discussed in addition to the tasks you were asked to engage in). Try to organize them in sequence. *Can be done in point form

- Difference between Fear and phobia
- Research 2 phobias
- Find out, treatment plan, symptoms, ^{and} reactions
- Draw caricatures, showing reactions of the 2 phobias you researched
- Define Homo, Trans, Xeno, and Islamophobia
- Treatment plans for Homo, Trans ^{and} phobia
- opt. Treatment plans for Xeno and Islamophobia

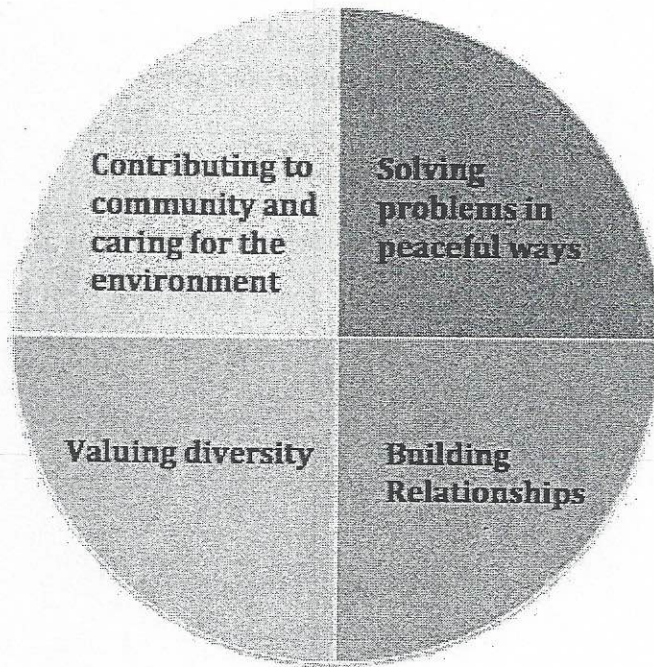
What key understandings have you developed? What specific things have you learned (or affirmed)?

For the longest time ever I thought a phobia was a fear. I learned that phobias are an irrational, and uncontrollable fear. And symptoms of a phobia are even worse. I learned that phobias can be treated, though they require precise medication, and specific therapies. I learned the name of certain therapies, and what they involve, such as Exposure and Hypnotic therapy, which involve being hypnotised or facing your fear. I also learned that Homo, Xeno, Trans etc. phobias are more so about hate ^{rather} ~~and~~ than the other phobias which are more about fear.

What important understandings are you able to share with others? What do you want people to know or understand?

People should learn to value diversity, and difference, as not everyone is ^{the} same. People should learn to treat everyone equally, for example if your friends with some and one day you find out they're ^{an} Islam, and you're an Islamophobe, try to treat the person like you did before you knew they were ^{of} Islamic religion.

Social Responsibility



Consider the Social Responsibility Core Competencies above. Connect your learning to any of these aspects. Identify which aspect you are referring to, and describe how your actions, and / or your understandings demonstrate that dimension.

Valuing Diversity

We should be okay with people different from us, we should think what they might think. They could be okay with us even though we're different from them. My example for the 3rd question on the back really emphasizes valuing diversity, as every **DESERVES** to be treated equally (maybe not everyone some people just choose to be mean).