**Reflection Paper**

I totally agree to the concept that fear gives rise to anxiety. For instance, when I was young I used to be afraid of frogs and toads. I became afraid of them because I accidentally steeped on one, resulting in its death, in an attempt to get away from it when it suddenly jumped on me. Therefore, I did not like them jumping around particularly in dark rainy nights as I used to live in place near downtown. Since I was afraid of the jumping creatures, I did not like going out on the rainy nights. For this reason, the spectrum of clouds coming and winds blowing before a potential rain used to give me a lot of anxiety just because I had the fear of frogs and toads.

Reading the kid's story, which was anxious due to the nighttime fears and seeing monsters in his room, I felt the inevitable need of a strong parent figure in his life. Since his parents were going through marital issues, they had been unable to address to his psychological needs. Instead, they only added to them. However, the advices given to the parents were amazing. They had the ability to bring the child out of the fear. Sleeping closer to the parents' room provide a child with the much-needed sense of security. Also, spending quality time with both the parents before going to bed also gives a child with the sense of support that he could use in times of such nighttime emergencies.

On the other end, reading about the dental phobia of the young German girl, I realized that fears-giving-rise-to-anxieties is not limited to children only. Early childhood memories of fear grow with the children over time, and sometimes translate into permanent phobias. However, the manner in which the German girl has been treated for her dental phobia is highly appreciable. I wish that all people around the world were treated like this.