PSY-470

Anxiety and Phobia Paper.

Locate a movie, television, or Internet television show, or net streaming series that portrays a character with an (For example, characters from the movies: The Aviator with Leonardo DiCaprio, What About Bob? With Bill Murray, The Truman Show, What’s Eating Gilbert Grape?, or Analyze That, or TV shows: The Big Bang Theory or Monk or net steaming series: This is Us, or Scrubs).

In an essay of 500-750 words address the following:

1.What were some of the irrational beliefs and attitudes that the characters displayed?

2.In what way did these beliefs/attitudes manifest in the character’s behavior?

3.How does stress tie into anxiety? What are some ways to modify the stress and reduce anxiety?

4.Whatform(s) of therapy can assist the character?

Use the GCU Library databases and include two to four scholarlysources from the GCU library to support your claims in additional of the article you are critiquing. In addition to the scholarly resources from the library, you can include past classroom materials as well as your textbook as additional reference material.

Prepare this assignment according to the guidelines found in the APAStyle Guide, located in the Student Success Center. An abstract is not required.

This assignment uses a rubric. Please review the rubric prior tobeginning the assignment to become familiar with the expectations forsuccessful completion.