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| **Behavioural explanation of phobias-** The two-process model | |
| Acquisition | Maintenance |
| **Evaluation** | |
| Supporting evidence | |
| Can’t explain why some phobias are more common that others | |
| Can’t explain why some people have traumatic experiences and don’t get phobias | |
| Can’t explain why people don’t have traumatic experiences and still get phobias | |
| Better explanation than looking at them separately | |