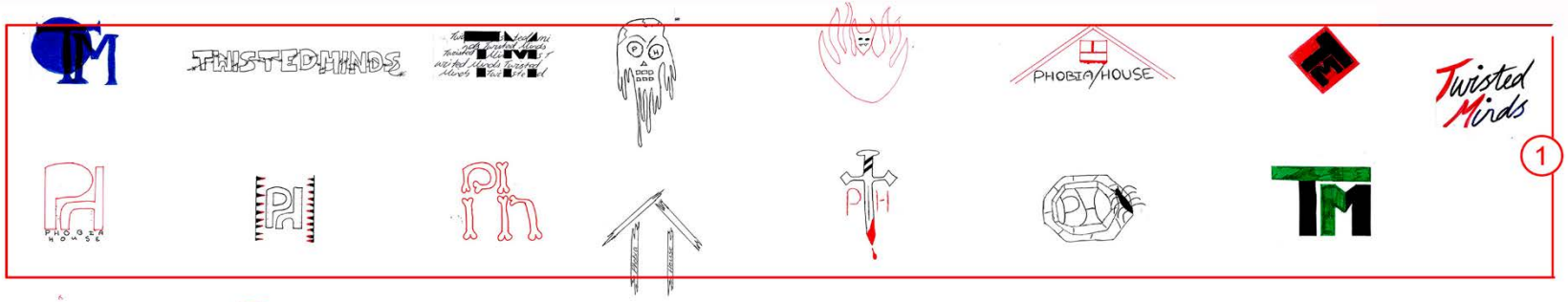
Student 4: High Achieved

NZQA Intended for teacher use only



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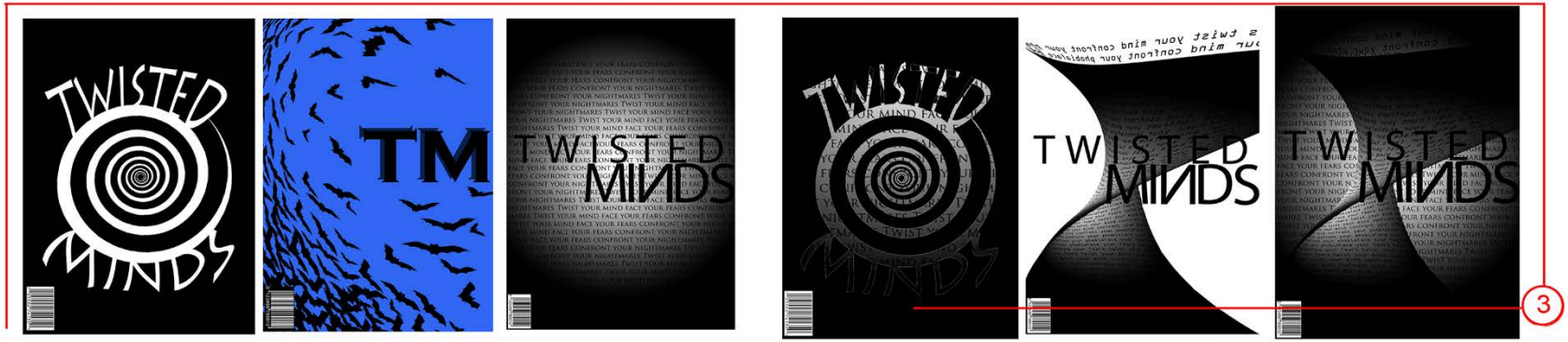

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TWISTED
MINDS
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4

defeat
your
nightmare
A nightmare is an unpleasant dream that can cause a strong negative emotional response from the mind, typically fear or horror, but also despair, anxiety and great sadness. The dream may contain situations of danger, discomfort, psychological or physical terror. Sufferers usually awaken in a state of distress and may be unable to return to sleep for a prolonged period of time.Nightmares can have physical causes such as sleeping in an uncomfortable or awkward position, having a fever, or psychological causes such as stress and anxiety. Eating before going to sleep, which triggers an increase in the body's metabolism and brain activity, is a potential stimulus for nightmares. Recurrent nightmares that can interfere with sleeping patterns and cause insomnia may require medical help.One definition of "nightmare" is a dream which causes one to wake up in the middle of the sleep cycle and experience a negative emotion, such as fear. This type of event occurs on average once per month. They are not common in children under 5, but they are more common in young children (25% experiencing a nightmare at least once per week), most common in teenagers, and less common in adults (dropping in frequency about one third from age 25 to 55). A nightmare arises from one's complex that contains residue from some unresolved issue.[5] Some people may experience recurring nightmares due to posttraumatic stress disorder (PTSD), or they may have some other source of anxiety that influences their dreams at night.

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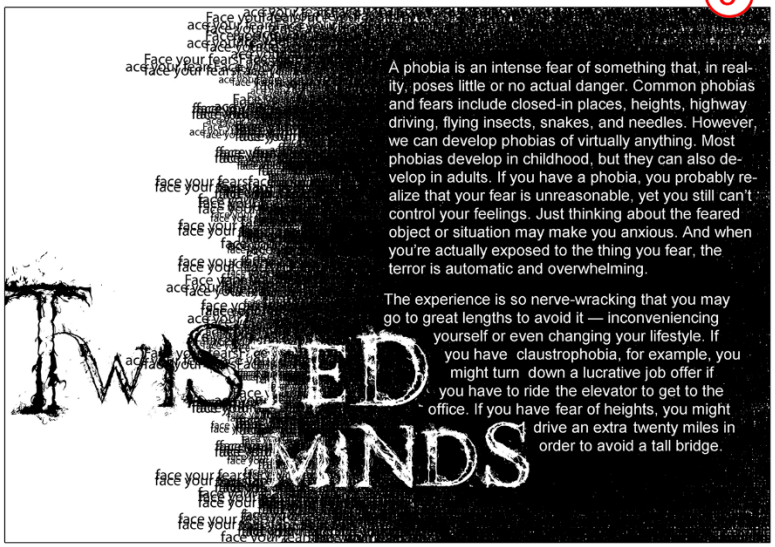
A phobia is an intense fear of something that, in reality, poses little or no actual danger. Common phobias and fears include closed-in places, heights, highway driving, flying insects, snakes, and needles. However, we can develop phobias of virtually anything. Most phobias develop in childhood, but they can also develop in adults. If you have a phobia, you probably realize that your fear is unreasonable, yet you still can't control your feelings. Just thinking about the feared object or situation may make you anxious. And when you're actually exposed to the thing you fear, the terror is automatic and overwhelming.
The experience is so nerve-wracking that you may go to great lengths to avoid it — inconveniencing yourself or even changing your lifestyle. If you have claustrophobia, for example, you might turn down a lucrative job offer if you have to ride the elevator to get to the office. If you have fear of heights, you might drive an extra twenty miles in order to avoid a tall bridge.
TWISTED
MINDS