



ASFAN

Overcome Your Phobias Through Virtual Reality



Our VR Phobia Experiences provide a safe, guided, and engaging way to face fears through realistic simulations inside a controlled environment, helping users build confidence step by step.

Each experience supports gradual exposure and can be adjusted to match the user's comfort level, making it suitable for structured sessions and measurable progress



VR Experience of Mental Health

1. Fear of Heights Phobia



2. Enclosed Spaces Phobia



3. Hard to Escape Phobia



4. Spiders Phobia



5. Bloods Phobia



6. Needles Phobia



7. Flights Phobia



8. Cats Phobia



9. Dogs Phobia



10. Unsanitary Phobia



11. Water Phobia



12. Snakes Phobia



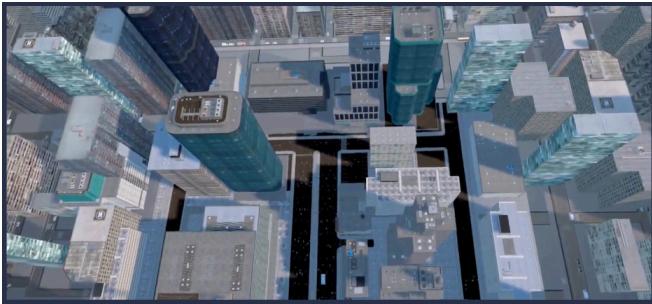
13. Lizards Phobia



Fear of Heights (Acrophobia)

Step into immersive height environments designed to help users challenge fear responses safely and progressively.

The experience begins with manageable scenarios and moves forward through confidence-building tasks, while calming guidance supports emotional control during exposure.



Enclosed Spaces (Claustrophobia)

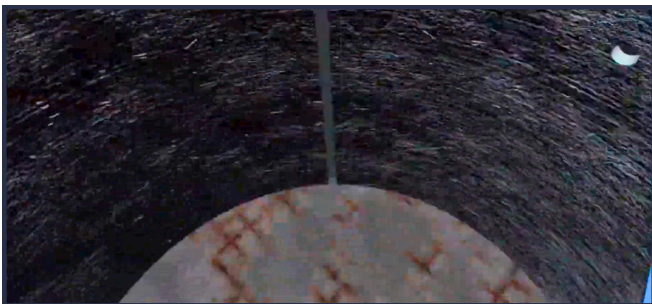
A controlled VR journey that helps users reduce panic and discomfort in tight or enclosed places through paced exposure. Users move through progressive levels while following in-experience breathing and grounding guidance to strengthen calmness and regain a sense of control.



Hard-to-Escape Situations

This experience simulates situations that may feel difficult to leave—such as public or crowded settings—while keeping the user fully safe and supported.

With guided coping techniques and scenario-based challenges, users practice staying present, reducing avoidance, and building confidence in real-life-like environments.



Blood (Hemophobia)

A gentle, non-graphic experience designed to reduce anxiety around blood-related cues using gradual exposure and supportive guidance.

Users progress at a comfortable pace while calming prompts and breathing cues help regulate stress and improve tolerance over time.





Needles (Trypanophobia)

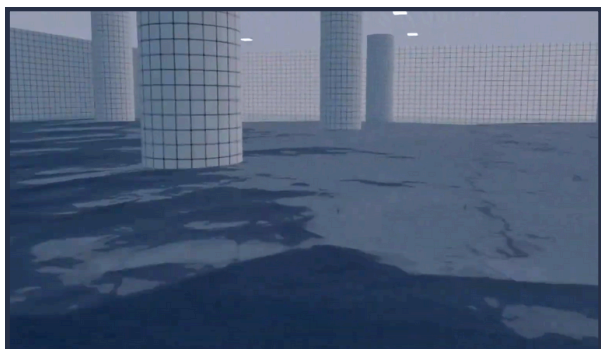
A structured VR exposure experience that helps users approach needle-related triggers in a controlled, step-by-step way.

Through gradual intensity and supportive guidance, users learn to manage anticipatory anxiety and build confidence for real-world medical situations.

Snakes (Ophidiophobia)

A realistic snake-focused experience that starts gently and increases exposure based on the user's readiness.

Users build resilience through gradual desensitization and interactive tasks that reinforce control, stability, and successful completion of each step.



Water (Aquaphobia)

Designed to support users who experience fear around water, this VR journey introduces water-related scenarios progressively and safely.

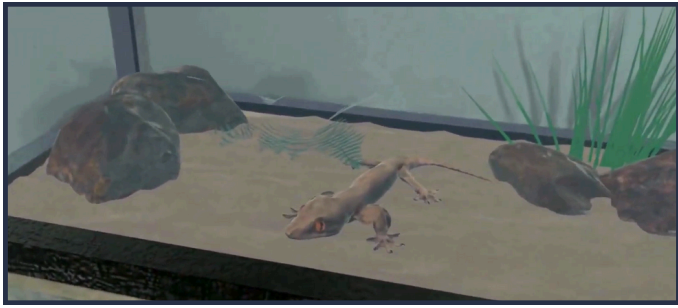
Users advance through levels that reinforce calm responses and confidence, supported by guided coping techniques inside the experience.

Unsanitary / Contamination Fear

A VR experience built for users who struggle with contamination worries, offering controlled exposure to challenging everyday situations.

With gradual progression and guided coping prompts, users practice reducing avoidance behaviors and increasing comfort through repeated safe exposure.





Lizards (Herpetophobia)

A controlled exposure experience tailored for fear of lizards, offering adjustable realism and gradual progression.

Users move step by step—from minimal exposure to more direct interactions—building tolerance and confidence through guided tasks.



Dogs (Cynophobia)

A realistic and adjustable dog-focused experience that helps users reduce fear responses through structured exposure.

Users start with safer distances and calmer scenarios, then progress gradually while practicing coping skills and steady breathing prompts.



Cats (Ailurophobia)

A guided VR experience for fear of cats that supports gradual exposure in a safe, controlled setting.

Through progressive levels and interactive tasks, users strengthen comfort and confidence while learning to manage anxiety responses effectively.



Flights / Fear of Flying (Aviophobia)

This experience simulates key moments of air travel to help users reduce anxiety around flying in a realistic but fully safe environment.

Users progress through structured scenarios while practicing calming techniques, improving tolerance to triggers, and building confidence for real travel.








Spiders (Arachnophobia)

A carefully paced spider exposure experience with adjustable intensity, designed to help users approach fear without feeling overwhelmed.

Gradual desensitization and interactive tasks reinforce a sense of control, helping users shift from avoidance to confident engagement.

Why these VR experiences help

 Safe Environment	 Gradual Exposure	 Realistic Scenarios	 Coping Skills	 Engaging Experience
VR provides a safe and controlled space to confront phobias.	Intensity is adjusted gradually to match the user's comfort.	Users practice exposure in realistic, step-by-step scenarios.	Users learn practical skills like breathing and stress regulation.	Interactive sessions make treatment easier to continue consistently.

Why choose ASFAN

ASFAN delivers phobia-focused VR experiences with structured, progressive scenarios designed for measurable improvement, not random simulations.

The programs are available in both Arabic and English, which helps users engage, understand guidance clearly, and feel more comfortable during sessions—especially when emotions are high.



+962 776623912



info@asfanco.com



+962776140404