

1

00:00:00,000 --> 00:00:02,000

I

2

00:00:04,960 --> 00:00:06,960

Want to see something really scary

3

00:00:13,200 --> 00:00:16,600

The worst fears we can imagine live inside our own minds

4

00:00:19,360 --> 00:00:21,520

They give us cold chills and nightmares

5

00:00:22,040 --> 00:00:24,040

But

6

00:00:28,360 --> 00:00:32,520

They can also help us recognize danger and keep out of harm's way

7

00:00:35,800 --> 00:00:43,320

Truth or scare is going on the most dangerous mission of all challenging fear itself. Do you have the guts to keep watching?

8

00:00:51,520 --> 00:00:53,520

Oh

9

00:01:17,520 --> 00:01:19,520

Are you afraid of the dark

10

00:01:22,200 --> 00:01:31,160

Fear is one of the strongest human emotions most people would say being afraid is one of the worst feelings there is

11

00:01:32,040 --> 00:01:35,400

But then why do we love horror movies and roller coasters so much?

12

00:01:36,080 --> 00:01:40,680

The answers are more complicated and more frightening than you might think

13

00:01:47,800 --> 00:01:49,800

What does fear look like

14

00:01:51,520 --> 00:01:54,920

The dentist's drill a stormy night

15

00:01:58,400 --> 00:02:00,240

Snakes

16

00:02:00,240 --> 00:02:06,360

Fear gives us all the chills, but while some people will do anything to avoid the things that scare them

17

00:02:07,840 --> 00:02:13,400

Others are looking for a little rush and confront their fears for the ultimate thrill

18

00:02:14,320 --> 00:02:16,320

You

19

00:02:20,560 --> 00:02:23,160

But could fear really be all in our heads

20

00:02:25,080 --> 00:02:27,080

In a way yes

21

00:02:28,600 --> 00:02:31,480

When we're afraid our brain sends out signals

22

00:02:32,360 --> 00:02:35,880

Signals that get us ready to fight run away and hide

23

00:02:36,920 --> 00:02:38,920

Everyone's brain works like this

24

00:02:39,200 --> 00:02:43,600

There's a good reason that people are born with a fear instinct already in place

25

00:02:44,680 --> 00:02:51,200

Fear can sometimes keep us safe. The best defense against danger is to avoid it in the first place, right?

26

00:02:51,960 --> 00:02:57,320

That's why humans are so good at learning which animals can be deadly and remembering them

27

00:02:57,920 --> 00:03:01,280

We've been practicing this skill for millions of years

28

00:03:02,280 --> 00:03:06,600

Most of the things that make us afraid are not things that are burned into our brain by evolution

29

00:03:06,840 --> 00:03:08,960

But burned in by our personal experiences

30

00:03:10,000 --> 00:03:16,560

But sometimes a fear can grow into an uncontrollable force of its own even if it doesn't make any sense

31

00:03:17,400 --> 00:03:19,400

If it happens to you

32

00:03:19,400 --> 00:03:21,400

You've got a phobia

33

00:03:22,160 --> 00:03:24,640

Afraid of spiders you're not alone

34

00:03:25,160 --> 00:03:30,040

It's called arachnophobia and even though most spiders are harmless

35

00:03:30,480 --> 00:03:34,800

It's an extremely common fear. I shake I tremble

36

00:03:34,800 --> 00:03:37,080

I've got goosebumps up my arms and I

37

00:03:38,280 --> 00:03:40,280

Have to get away from it

38

00:03:41,080 --> 00:03:43,960

Shirley Faulkner has arachnophobia in the worst way

39

00:03:44,560 --> 00:03:51,440

It started when she was a kid and has kept her in its grip and ever since then it's been getting worse and

40

00:03:52,040 --> 00:03:53,720

worse

41

00:03:53,720 --> 00:03:55,720

I am always on edge

42

00:03:55,720 --> 00:04:01,160

I can't just sit there and watch a television program because I'm waiting for one to run across the room

43

00:04:02,160 --> 00:04:08,640

It's silly little things that when you speak to other people they'd say to you come on. It's only a spider

44

00:04:09,440 --> 00:04:12,800

Finally it got so bad that Shirley couldn't take it anymore

45

00:04:13,320 --> 00:04:19,520

It got so bad. She was practically a prisoner in her own home held captive by her phobia

46

00:04:19,520 --> 00:04:24,760

I got out of bed one morning. I went into the bathroom. There was a gigantic spider in the bar

47

00:04:24,760 --> 00:04:29,320

I mean really big and it was black. I just I didn't feel as I could breathe them

48

00:04:29,320 --> 00:04:33,840

I really panicked and I thought no, I can't go on for the rest of my life like this

49

00:04:41,080 --> 00:04:43,440

What's a desperate arachnophobe to do?

50

00:04:44,080 --> 00:04:47,480

Well, Shirley signed up for a class at the London Zoo

51

00:04:47,920 --> 00:04:54,120

This is where lots of people come to get over their fear of spiders and Robert Ferraggo teaches them how

52

00:04:54,760 --> 00:04:57,080

Everybody who's phobic knows it's insane

53

00:04:57,080 --> 00:04:59,920

They know it's stupid to be afraid of a little spider. That's insane

54

00:04:59,960 --> 00:05:03,040

But they can't change it on the conscious level

55

00:05:03,800 --> 00:05:07,280

Even though Shirley has been scared of spiders her entire life

56

00:05:07,840 --> 00:05:13,080

Dr. Ferraggo knows how to help her the only time a spider would ever really bite

57

00:05:14,680 --> 00:05:19,300

First an expert explains why there's no reason to be afraid of spiders

58

00:05:19,840 --> 00:05:25,120

The expert is in total control so the students can see he's not afraid

59

00:05:25,880 --> 00:05:31,120

For some people this can be enough to help realize there's really nothing to be afraid of

60

00:05:31,840 --> 00:05:38,840

When this method doesn't work, Dr. Ferraggo has a way of reasoning directly with his patients deepest fear

61

00:05:42,440 --> 00:05:45,600

Sometimes Dr. Ferraggo hypnotizes his patients

62

00:05:46,080 --> 00:05:49,320

That way he can convince them to let go of their anxiety

63

00:05:50,040 --> 00:05:52,040

Even if they think they can't

64

00:05:52,080 --> 00:05:57,960

What I need to do is to get into their subconscious mind. That's the part of their mind that simply reacts

65

00:05:58,400 --> 00:06:00,400

my job is to get in there and

66

00:06:00,800 --> 00:06:05,800

Switch off the program. You never needed this fear. You never wanted it and you don't have to have it

67

00:06:06,960 --> 00:06:09,760

Welcome back. Does the hypnosis work?

68

00:06:11,360 --> 00:06:13,360

Seeing is believing

69

00:06:22,960 --> 00:06:24,960

Yes

70

00:06:26,600 --> 00:06:32,200

Just like that fear becomes well not love but tolerance

71

00:06:38,720 --> 00:06:44,920

Shirley conquered her greatest fear, but the world is filled with phobias anyone afraid of

72

00:06:48,080 --> 00:06:50,080

Thunder and lightning

73

00:06:50,560 --> 00:06:55,520

Frank is his phobia is so bad. He came to the Georgia Institute of Technology

74

00:06:56,840 --> 00:06:58,840

Desperate for a cure

75

00:06:58,960 --> 00:07:03,160

Dr. Barbara Rothbaum uses a computer simulation of a storm

76

00:07:03,440 --> 00:07:09,040

This is a safe way for Frank to face down his phobia. You're ready for it to start raining harder.

Yes

77

00:07:09,280 --> 00:07:11,280

Good

78

00:07:16,720 --> 00:07:21,640

With the virtual reality goggles Frank can learn to take control of his emotions

79

00:07:22,560 --> 00:07:27,480

So the next time the weather turns nasty for real Frank will be able to deal with it

80

00:07:28,480 --> 00:07:30,480

I

81

00:07:34,680 --> 00:07:39,880

Everyone loves a good movie, but some audiences demand a little something extra

82

00:07:40,720 --> 00:07:42,720

Demons from another world

83

00:07:42,840 --> 00:07:49,000

Psychotic maniacs who stalk the night if you're into scary movies the more blood-curdling the better

84

00:07:49,600 --> 00:07:51,600

I

85

00:07:55,760 --> 00:08:02,880

John Carpenter directed some of the scariest movies out there like Halloween the thing and vampires

86

00:08:04,000 --> 00:08:07,080

He learned how to scare an audience from another great director

87

00:08:07,640 --> 00:08:11,280

Alfred Hitchcock he talks about suspense versus shock and

88

00:08:12,200 --> 00:08:17,520

He talks about the bomb under the table. So there's a bomb under this table and you and I are having a conversation

89

00:08:18,440 --> 00:08:20,440

And all of a sudden

90

00:08:20,560 --> 00:08:26,760

You just can't help it when you see that explosion. It's like a shock to your whole system

91

00:08:27,120 --> 00:08:30,040

But that's not the only terrifying trick John knows

92

00:08:30,640 --> 00:08:37,520

Well, the other way to shoot the scene is to show the bomb while we're talking and keep cutting to the bomb so that our conversation

93

00:08:37,520 --> 00:08:41,640

Becomes anxiety and a tool of anxiety for the audience

94

00:08:42,320 --> 00:08:45,120

They say stop talking and get out of the room

95

00:08:45,840 --> 00:08:47,840

That's effective

96

00:08:49,440 --> 00:08:54,760

Highly effective and these techniques are used in other kinds of entertainment as well

97

00:08:55,920 --> 00:09:01,580

Computer games like quake are filled with danger and suspense. It's what makes them fun

98

00:09:02,280 --> 00:09:06,280

Play one of these games and suddenly you're running for your life

99

00:09:06,680 --> 00:09:10,720

Trying to obliterate your enemies before they obliterate you

100

00:09:11,080 --> 00:09:18,600

Even though, you know, you're never going to meet one of these monsters in real life the fantasy is pretty convincing

101

00:09:19,960 --> 00:09:23,760

Fans of these thrilling video games can thank people like Brandon James

102

00:09:24,160 --> 00:09:28,520

He's one of the game designers who scares kids to death for a living

103

00:09:28,600 --> 00:09:31,920

you have the nightmares and we put him into the game and

104

00:09:32,800 --> 00:09:36,120

I think it's it is very instinctive

105

00:09:37,120 --> 00:09:43,360

Of course, there's no chance of actually getting hurt, but that doesn't matter

106

00:09:43,920 --> 00:09:47,680

Players feel the fear just like the audience in a movie theater

107

00:09:48,320 --> 00:09:55,480

Probably even more. I think that that's basically our number one priority. It's what drives a player

108

00:09:57,000 --> 00:10:03,960

It's what keeps the player going, you know, just to have the constant threat around every corner

109

00:10:06,720 --> 00:10:10,960

The brain's fear center doesn't discriminate ask any gamer

110

00:10:11,120 --> 00:10:17,200

They'll tell you it's only a fantasy, but the fear and excitement they feel is the real deal

111

00:10:23,160 --> 00:10:29,720

Scared of heights so are these guys so why are they doing this?

112

00:10:33,520 --> 00:10:35,520

Next untruth or scare

113

00:10:36,120 --> 00:10:38,120

I

114

00:10:42,240 --> 00:10:46,480

Why would anyone choose to be scared cuz it's fun, that's why

115

00:10:47,400 --> 00:10:50,200

Just ask anyone into those extreme roller coasters

116

00:10:50,760 --> 00:10:55,640

You know the ones that take you right to the edge and then plunge you down

117

00:10:56,240 --> 00:11:00,160

With an overpowering rush of mind-numbing terror

118

00:11:00,480 --> 00:11:10,040

Welcome to oblivion the world's first vertical drop roller coaster

119

00:11:11,080 --> 00:11:14,400

That's drop as in straight down

120

00:11:15,680 --> 00:11:20,400

First you go up 100 feet up and then

121

00:11:23,560 --> 00:11:26,800

Jet back to earth at a heart stopping 70 miles an hour

122

00:11:27,160 --> 00:11:34,280

If your trip is terrifying thrills oblivion is the ultimate ride

123

00:11:38,920 --> 00:11:43,800

What is it about roller coasters that get so many sane people to go temporarily nuts

124

00:11:45,040 --> 00:11:50,840

Dr. Glenn Wilson thinks he knows one of the things a lot of people get out of riding on a roller coaster is to put their

125

00:11:51,040 --> 00:11:55,920

Worries and anxieties into perspective after you have traumatized yourself on one of these

126

00:11:56,240 --> 00:11:59,480

Life's little hassles seem much less important

127

00:12:01,400 --> 00:12:04,560

For some people amusement park rides are just a warm-up

128

00:12:06,320 --> 00:12:12,520

Because nothing beats free falling for hundreds of feet with only a giant rubber band to stop you

129

00:12:15,480 --> 00:12:17,480

I've never been so scared my whole life

130

00:12:26,280 --> 00:12:30,080

Natalie herb is about to bungee jump and she is terrified

131

00:12:30,960 --> 00:12:34,800

But she just can't resist the challenge to take the plunge

132

00:12:39,360 --> 00:12:43,560

I'm getting cool all my friends now my family say I did it I did it

133

00:12:49,080 --> 00:12:55,440

For Natalie taking the dive off the very very high board was a way of testing her own fears

134

00:12:55,960 --> 00:12:57,960

and overcoming them

135

00:12:58,680 --> 00:13:02,160

But Glenn singlerman takes jumping to an even higher level

136

00:13:02,920 --> 00:13:09,200

It's an incredibly motivating thing to be scared. It really forces you to confront

137

00:13:09,880 --> 00:13:13,760

Not only your environment, but who you are and what you're doing there

138

00:13:15,400 --> 00:13:18,160

When he's on the ground Glenn is a medical doctor

139

00:13:18,680 --> 00:13:25,160

His patients depend on him to stay cool in any emergency so he's a master at controlling his emotions

140

00:13:26,520 --> 00:13:32,040

But when works over this is how Glenn loosens up

141

00:13:34,120 --> 00:13:38,880

Glenn and his friend Nick start the day with a little hike up Tango Tower in Pakistan

142

00:13:40,240 --> 00:13:41,880

19,000 feet up

143

00:13:41,880 --> 00:13:43,880

It's the biggest cliff in the world

144

00:13:44,440 --> 00:13:47,240

So of course they're going to jump off it

145

00:13:47,880 --> 00:13:51,960

If they survive they'll break the world record for longest free fall

146

00:13:52,480 --> 00:13:58,120

That's a mighty big if when you're flying back to earth at 125 miles an hour

147

00:13:59,200 --> 00:14:01,440

But Glenn wouldn't have it any other way

148

00:14:12,160 --> 00:14:16,280

Only by risking going too far can you know how far you can go

149

00:14:16,520 --> 00:14:18,520

The

150

00:14:21,720 --> 00:14:25,280

Way to learn the value of life is to put it at risk

151

00:14:26,200 --> 00:14:28,200

The

152

00:14:44,440 --> 00:14:50,200

Science of fear counts down to the most dangerous missions on or off the planet

153

00:14:50,480 --> 00:14:52,480

Angle of Lampard

154

00:14:54,000 --> 00:14:58,160

For most of us our natural fear is tell us to avoid real danger

155

00:14:58,520 --> 00:15:04,080

It's called the survival instinct and it comes in very handy if you want to stay alive

156

00:15:05,240 --> 00:15:08,640

But some people's brains are wired a little differently

157

00:15:09,440 --> 00:15:11,760

Every day they face serious danger in their jobs

158

00:15:12,520 --> 00:15:14,520

even risking their lives

159

00:15:14,520 --> 00:15:16,520

And

160

00:15:17,760 --> 00:15:21,840

A job doesn't get any more dangerous than an astronaut's

161

00:15:23,480 --> 00:15:27,720

Neil Armstrong and Buzz Aldrin were the first humans to walk on the moon

162

00:15:28,920 --> 00:15:33,200

But to get there they had to take one of the scariest rides of all time

163

00:15:33,840 --> 00:15:36,800

They almost ran out of gas before they could land

164

00:15:37,800 --> 00:15:40,560

They made it with just 20 seconds to spare

165

00:15:45,520 --> 00:15:47,520

The

166

00:15:47,920 --> 00:15:49,680

History was made that day

167

00:15:49,680 --> 00:15:53,240

But tragically not all space missions go so smoothly

168

00:15:53,920 --> 00:15:57,680

Even though they know the dangers astronauts somehow face their fears

169

00:15:58,280 --> 00:16:04,360

Thanks to them the rest of us get to take the amazing trip to outer space without ever leaving home

170

00:16:05,360 --> 00:16:07,560

All right, here's we impact you're gonna do

171

00:16:09,400 --> 00:16:18,080

Reference point okay your best way here here across out to the door all right down your goggles

172

00:16:20,080 --> 00:16:22,680

Ready gentlemen grace for impact

173

00:16:24,680 --> 00:16:30,640

Fear can inspire us to take chances the key is staying in control in a scary situation

174

00:16:30,880 --> 00:16:33,800

It can mean the difference between life and death

175

00:16:34,400 --> 00:16:41,440

That's what they teach at the US Navy's aviation survival training Center flight crews here practice keeping their cool

176

00:16:41,440 --> 00:16:46,960

No matter what even in the middle of a crash landing panic is the number one factor

177

00:16:47,680 --> 00:16:51,080

Determining survivability if the crash itself is survivable

178

00:16:54,120 --> 00:16:56,120

Panic and you won't survive

179

00:16:57,000 --> 00:17:03,200

To prepare them for the worst the students are strapped into a huge tank and then dropped into a training pool

180

00:17:03,560 --> 00:17:05,560

What that doesn't sound scary?

181

00:17:07,520 --> 00:17:09,760

Try it with just 60 seconds of air

182

00:17:10,200 --> 00:17:15,400

All of our helicopter air crew and pilots carry a miniature scuba bottle and it's got

183

00:17:15,920 --> 00:17:17,920

Approximately a minute minute and a half of their

184

00:17:18,360 --> 00:17:23,920

Available to him if any of the pilots freak out this exercise could end in disaster

185

00:17:24,840 --> 00:17:31,120

But it's worth the danger this is the best way to prepare the trainees for a real crash in the ocean

186

00:17:32,400 --> 00:17:34,400

Before they went on these training exercises

187

00:17:35,200 --> 00:17:39,720

Only about 10% of the air crew survived helicopter crashes in the water

188

00:17:40,440 --> 00:17:46,160

Now that they're learning how to overcome their fear of drowning the survival rate is over 80%

189

00:17:54,920 --> 00:17:59,080

Fear can make us do weird crazy and sometimes amazing things

190

00:18:00,160 --> 00:18:06,120

We're just starting to figure out the connection between people and their deepest darkest emotions

191

00:18:08,680 --> 00:18:11,560

Do you think we can ever completely get over our fears

192

00:18:12,400 --> 00:18:13,840

Maybe not

193

00:18:13,840 --> 00:18:19,440

But people have proven you can conquer certain types of fear by taking control of a scary situation

194

00:18:20,440 --> 00:18:24,080

Scientists are constantly learning more about how our brains work

195

00:18:24,480 --> 00:18:28,760

So maybe one day we'll finally figure out why some people are afraid of the dark

196

00:18:32,240 --> 00:18:39,260

And other people just can't get enough of it the only question is which one are you?

197

00:18:49,440 --> 00:18:51,440

You

