

- 1: 00:03:22:12 00:03:24:20 02:08  
I am strong
- 2: 00:03:36:24 00:03:42:01 05:02  
I'm afraid of dogs, and I have been  
since I was born.
- 3: 00:03:42:01 00:03:46:00 03:24  
But I don't really know  
what I can do about it.
- 4: 00:03:47:00 00:03:50:13 03:13  
Shit. Watch what happens  
now we're getting closer.
- 5: 00:03:52:22 00:03:56:08 03:11  
Mind your hands.  
Keep them inside the boat.
- 6: 00:04:00:01 00:04:04:02 04:01  
He barks really loud. Really loud.
- 7: 00:04:07:20 00:04:10:10 02:15  
If I see him on the street he goes:
- 8: 00:04:12:15 00:04:16:05 03:15  
Run away, cycle off, it doesn't matter.
- 9: 00:04:18:08 00:04:22:19 04:11  
He's running really close  
to the edge, it's scary.
- 10: 00:04:22:19 00:04:24:17 01:23  
There's another one.
- 11: 00:04:24:17 00:04:27:21 03:04  
He belongs to my friend,  
he's not as noisy.
- 12: 00:04:30:15 00:04:35:01 04:11  
And my neighbours have the scariest  
dog ever: he's been shaved.
- 13: 00:04:35:01 00:04:38:24 03:23  
He looks just like a ghost.  
He's a really scary dog.
- 14: 00:04:44:24 00:04:52:05 07:06  
When I see them I automatically  
run away or hide.

15: 00:04:55:07 00:04:59:11 04:04  
How come?  
- I don't really know.

16: 00:04:59:11 00:05:04:05 04:19  
Mum told me that when I was little  
pitbulls were still around...

17: 00:05:04:05 00:05:09:02 04:22  
...and a pitbull came on the boardwalk.

18: 00:05:09:02 00:05:16:03 07:01  
And Mum and Dad both screamed  
so much that it frightened me too.

19: 00:05:16:03 00:05:23:07 07:04  
And now I'm terrified of dogs,  
and I suppose that's the reason.

20: 00:05:47:14 00:05:53:18 06:04  
After the summer holiday,  
I'd been on the beach...

21: 00:05:53:18 00:05:57:06 03:13  
...and in those six weeks  
I'd been plagued by dogs...

22: 00:05:57:06 00:06:02:21 05:15  
...and I was so scared every time  
that I locked myself in.

23: 00:06:02:21 00:06:07:12 04:16  
And that was the straw  
that broke the camel's back.

24: 00:06:07:12 00:06:11:24 04:12  
I said to my mum: Enough's enough...

25: 00:06:11:24 00:06:14:06 02:07  
...I don't want to be scared anymore.

26: 00:06:15:08 00:06:22:17 07:09  
Then she heard from a girlfriend  
about a psychiatrist, I think it is...

27: 00:06:22:17 00:06:26:05 03:13  
...who helps cure people  
with a dog phobia.

28: 00:06:29:12 00:06:36:08 06:21  
The dog runs up to you,  
you tremble and stand behind your mum.

29: 00:06:36:08 00:06:40:02 03:19  
You want to hide, or you climb the fence.

30: 00:06:40:02 00:06:43:01 02:24  
If you panic you sometimes cry.

31: 00:06:43:01 00:06:45:21 02:20  
They're all very annoying reactions.

32: 00:06:45:21 00:06:49:24 04:03  
Fear comes from our brains.

33: 00:06:49:24 00:06:55:08 05:09  
When you see a dog,  
and it comes in your direction...

34: 00:06:55:08 00:07:01:10 06:02  
...from then on you panic.

35: 00:07:01:10 00:07:04:23 03:13  
I'm going to teach you to relax  
when you see a dog.

36: 00:07:04:23 00:07:09:07 04:09  
Then you can pass a dog  
without being afraid.

37: 00:07:09:07 00:07:12:12 03:05  
Would you like to learn how to do that?  
- Yes, please.

38: 00:07:12:12 00:07:14:23 02:11  
I don't think it will be easy.

39: 00:07:14:23 00:07:17:10 02:12  
I'll teach you not to run away.

40: 00:07:17:10 00:07:21:01 03:16  
Supposing a dog comes your way,  
what should you do?

41: 00:07:21:01 00:07:26:19 05:18  
Stay calm.  
- And say to yourself: I am strong.

42: 00:07:28:06 00:07:30:00 01:19

Here goes.

43: 00:07:34:01 00:07:37:21 03:20  
I'm trying to stay calm.

44: 00:07:37:21 00:07:41:16 03:20  
So what should you say?  
- I am strong, I am strong.

45: 00:07:41:16 00:07:44:14 02:23  
Do you dare come any closer?

46: 00:07:47:24 00:07:51:06 03:07  
Do you dare hold the end of the lead?  
- No thanks.

47: 00:07:51:06 00:07:53:09 02:03  
It's alright, I'm holding it.

48: 00:08:30:20 00:08:34:05 03:10  
Hi. Wake up.

49: 00:08:41:00 00:08:44:08 03:08  
Good morning.  
- Good morning.

50: 00:09:08:09 00:09:11:07 02:23  
Mum, I've done something else.

51: 00:09:11:07 00:09:17:23 06:16  
Have you? I think you should say  
that you walked past Joeri's dog too.

52: 00:09:17:23 00:09:20:01 02:03  
As if you didn't see it.

53: 00:09:20:01 00:09:21:18 01:17  
walked past a dog

54: 00:09:21:18 00:09:27:13 05:20  
That's what the man said too: Breathe  
calmly and say: I am strong, I am strong.

55: 00:09:44:04 00:09:47:09 03:05  
let dog out

56: 00:10:08:00 00:10:10:23 02:23  
Welcome back.  
It's nice to see you again.

57: 00:10:10:23 00:10:13:14 02:16  
Well, you've done quite a lot.

58: 00:10:13:14 00:10:18:09 04:20  
You've done this and this.  
Walked past a dog.

59: 00:10:18:09 00:10:22:15 04:06  
Where was that?  
- That was... let me see...

60: 00:10:22:15 00:10:25:00 02:10  
At school, wasn't it?  
- Yes, at school.

61: 00:10:25:00 00:10:26:20 01:20  
Great, good.

62: 00:10:26:20 00:10:31:06 04:11  
Passed dog in the park.  
- Yes, I did that too.

63: 00:10:31:06 00:10:33:22 02:16  
So you don't give them a wide berth?

64: 00:10:33:22 00:10:39:09 05:12  
Well, only boxers and really  
boisterous dogs. Dogs like that.

65: 00:10:39:09 00:10:43:15 04:06  
Because they could jump up at me  
and knock me over.

66: 00:10:43:15 00:10:47:23 04:08  
Boisterous dogs and dogs  
that jump up at you are still a problem.

67: 00:10:53:11 00:10:56:10 02:24  
I'm scared. Sorry.

68: 00:10:56:10 00:10:59:24 03:14  
Good, well done.  
Now pick up the stick again.

69: 00:11:01:21 00:11:04:05 02:09  
Pick it up then.  
- He'll pick it up himself.

70: 00:11:08:00 00:11:10:20 02:20  
Very good. Excellent.

- He's a good catcher.

71: 00:11:10:20 00:11:13:02 02:07  
What do you think of the therapy?

72: 00:11:13:02 00:11:16:08 03:06  
I think it's a good therapy really.

73: 00:11:18:17 00:11:20:07 01:15  
Why?

74: 00:11:20:07 00:11:24:21 04:14  
He didn't say straight away:  
Go on, touch the dog...

75: 00:11:24:21 00:11:30:09 05:13  
...or you'll get a kick up the backside,  
because you're so afraid.

76: 00:11:30:09 00:11:32:14 02:05  
He does it very calmly.

77: 00:11:32:14 00:11:35:12 02:23  
What do you think you'll do next  
in the therapy?

78: 00:11:35:12 00:11:41:01 05:14  
The dogs will become more boisterous  
and excitable, and so on.

79: 00:11:41:01 00:11:42:22 01:21  
And then?

80: 00:11:42:22 00:11:47:11 04:14  
I have no idea  
what kind of dog it will be in the end.

81: 00:11:47:11 00:11:50:17 03:06  
And what about you?  
What will happen to you?

82: 00:11:50:17 00:11:55:04 04:12  
If all goes well, I won't be afraid  
of dogs anymore.

83: 00:12:23:12 00:12:27:23 04:11  
Good, good. Stay calm. Good.  
- They're all big dogs.

84: 00:12:37:23 00:12:41:02 03:04

Jesus.

- Keep walking.

85: 00:12:43:12 00:12:45:13 02:01

Jesus, mummy.

86: 00:12:54:06 00:12:58:23 04:17

Ok, stay close to me. Ok, that's fine.

87: 00:12:58:23 00:13:05:15 06:17

I don't want to go on.

- That's great. Calm down, calm down.

88: 00:13:07:08 00:13:10:06 02:23

Calm down.

Do what Jan tells you.

89: 00:13:14:22 00:13:17:20 02:23

Oh dear, oh dear.

- Calm down, calm down.

90: 00:13:17:20 00:13:22:04 04:09

That dog has a deep bark, that's all.

91: 00:13:24:15 00:13:29:00 04:10

Look at the fun they're having together.

- It's coming this way.

92: 00:13:29:00 00:13:32:22 03:22

Look, you just do this.

- That's excellent.

93: 00:13:32:22 00:13:36:23 04:01

If a dog runs up, what should you do?

- Stay calm.

94: 00:13:36:23 00:13:39:12 02:14

What else?

- Say: I am strong.

95: 00:13:39:12 00:13:44:06 04:19

Good. And what else?

- Keep breathing, and do my best.

96: 00:13:45:02 00:13:47:01 01:24

It has a big stick.

97: 00:13:47:01 00:13:49:17 02:16

That's a lollipop for a dog.

98: 00:13:51:11 00:13:55:03 03:17  
They're going in the field. Yes.  
Hallelujah. Oh dear.

99: 00:13:55:18 00:14:01:11 05:18  
This one's boisterous.  
- That's fine, that's fine.

100: 00:14:01:11 00:14:03:08 01:22  
Calm down, calm down.

101: 00:14:03:24 00:14:07:10 03:11  
Good, very good.  
Hey, that was very good.

102: 00:14:07:10 00:14:10:00 02:15  
You stood your ground. Good.

103: 00:14:10:06 00:14:13:11 03:05  
Did he hurt you?  
- Take your time.

104: 00:14:13:11 00:14:16:12 03:01  
That's fine, just fine.

105: 00:14:18:01 00:14:20:02 02:01  
Just take your time.

106: 00:14:29:24 00:14:34:04 04:05  
Are you starting to calm down  
a bit now?

107: 00:14:40:11 00:14:42:08 01:22  
You did very well.

108: 00:14:42:08 00:14:47:16 05:08  
Look at them playing together.  
- It'll come up to me again.

109: 00:14:47:16 00:14:50:22 03:06  
Look, it runs faster than all of them.

110: 00:14:53:03 00:14:55:15 02:12  
Take my hand.  
- No, not yet.

111: 00:14:55:15 00:14:57:22 02:07  
Give me your hand.

112: 00:15:00:08 00:15:03:02 02:19

Give me your hand. Right.

113: 00:15:06:12 00:15:09:09 02:22  
You are holding him, aren't you?

- Sure.

114: 00:15:09:09 00:15:12:24 03:15  
Come a bit closer.

- If you aren't, I'll go nuts.

115: 00:15:16:23 00:15:19:16 02:18  
Aren't you getting enough attention?

116: 00:15:19:16 00:15:23:09 03:18  
Mum, this one's...

- He's just being friendly.

117: 00:15:23:09 00:15:26:01 02:17  
But it's 20,000 times more boisterous.

118: 00:15:26:01 00:15:28:06 02:05  
He knows what you're saying.

119: 00:15:29:17 00:15:36:06 06:14  
Do you want to try it? I'm your mum,  
so if it does anything I'll protect you.

120: 00:15:36:06 00:15:38:02 01:21  
Just stroke him.

121: 00:15:40:01 00:15:42:14 02:13  
Otherwise I'll pull out your arm.

122: 00:15:42:14 00:15:46:22 04:08  
Let me do it myself.

- Well, do it then.

123: 00:15:49:22 00:15:53:20 03:23  
I think you touched him, right?

- Yes, I touched him.

124: 00:15:54:05 00:15:56:24 02:19  
And he didn't even notice.

125: 00:15:57:01 00:15:58:18 01:17  
Try again.

126: 00:16:09:09 00:16:15:09 06:00  
After I'd stroked him, things went better.

127: 00:16:15:09 00:16:19:04 03:20  
I slowly became less afraid  
of all the dogs.

128: 00:16:20:14 00:16:24:11 03:22  
What should you say?  
- Stay calm, stay calm, stay calm.

129: 00:16:44:10 00:16:48:15 04:05  
Congratulations on your achievement.  
Well done. This is for you.

130: 00:16:48:15 00:16:52:22 04:07  
Greg Slecht has successfully  
conquered his fear of dogs

131: 00:16:52:22 00:16:55:12 02:15  
Now I'm not afraid of dogs at all.

132: 00:16:55:12 00:16:57:09 01:22  
It looks like a piece of plastic.

133: 00:16:57:09 00:16:59:06 01:22  
I can go everywhere again.

134: 00:16:59:06 00:17:02:00 02:19  
I can go wherever I want.

135: 00:17:02:00 00:17:03:21 01:21  
Finally.

136: 00:17:03:21 00:17:06:08 02:12