

10 Steps to Overcoming Your Fear of Flying

1) Understand What it is You REALLY Fear

In order to know where to direct your attention, the first step is to take a little time to fully understand what it is you REALLY fear about flying, because it's very often NOT what you think.

You may think, you're "afraid to fly"...but usually what you're TRULY afraid of is some aspect of flying. Maybe you don't understand how that big plane stays on the air, or you're worried you'll run out of fuel, get hijacked, or that the pilot won't be paying attention. Maybe what you really fear isn't flying at all, but the way you feel when you fly.

“What you REALLY fear about flying may surprise you!”

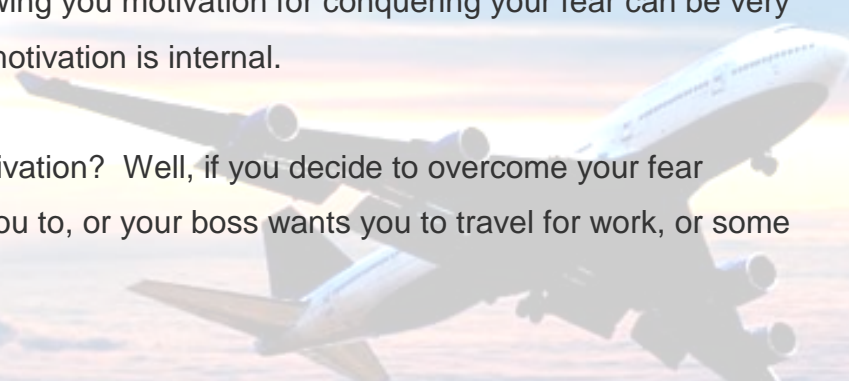
You may have intense anxiety or even panic attacks, and it scares the daylights out of you to think you may get that afraid and feel that way when you're up in a plane and have no way to escape.

Regardless of what you fear, you CAN learn to feel differently about it and fly in peace. Take some time and really get to the bottom of what it is your fear about flying. There's a wonderful exercise to help you do this in the [Takeoff Today Program](#).

2) Know WHY You Want to Fly

Why do you want to fly? Knowing your motivation for conquering your fear can be very useful, especially when your motivation is internal.

What is meant by internal motivation? Well, if you decide to overcome your fear because your spouse wants you to, or your boss wants you to travel for work, or some



other external factor, it can be far harder to persevere through the inevitable challenges you'll face. Instead, focus on the reasons and motivations YOU have to overcome your fear. Do you want to fly without fear so you can see more of the world? To visit friends and family? To be a better role model? Just so you're not held back by a needless limitation or fear? It doesn't matter WHAT your reason, as long as it's YOUR reason, it's a good one.

3) Understand HOW Planes Fly

After learning what is at the core of your fear, you may find that some or all of what you fear has to do with your lack of understanding about how planes fly.

When you discover the simple physics about flight, much of what you worry about can simply fade away as you learn how safe flying really is.

“Your fears can simply fade away...”

The trouble is, it's very difficult to find an explanation that makes sense and doesn't require a degree in aeronautics to comprehend!

I recommend taking a look at the [free report you can get here](#) that explains in a very simple and straightforward manner exactly how planes fly, why they're safe, and why so much of what causes you anxiety about flying is simply not worth worrying about! It was created by exhaustively interviewing actual flight crew such as pilots, flight attendants, air traffic controllers, mechanics, and others, specifically to answer the questions about flying fearful fliers commonly have - and it's COMPLETELY FREE.

4) Learn to Trust the Aviation Industry

You may have a hard time trusting the people who work in aviation, such as the pilots, air traffic controllers, and others. It's hard to relax and feel secure on board the plane if you can't fully place your safety into the hands of flight crew, both on the ground and in the air. Once you gain an understanding of the extensive training, professionalism, and

ability of the people that work in the aviation industry and FAA, you'll feel much better about just sitting back, putting your safety into their capable hands and enjoying your flight.

5) Learn Strategies to Control Your Anxiety and Stop Panic Attacks

If your fear of flying is mild, the previous steps may be all you need to feel better when you fly. However, if you experience more severe anxiety or panic attacks, it's critical that you learn techniques to control those reactions so you can remain comfortable on the plane.

In the [Takeoff Today Program](#), you can learn an advanced four step strategy to put an end to your cycle of anxiety, and even stop a panic attack while in flight. Anxiety while flying can be a terribly frightening experience, and a panic attack on board can quickly lead to avoidance, so it is crucial that you know that you can quickly put an end to your anxious feelings if they grow uncomfortable either while in flight or in the days and weeks before an upcoming flight.

“You can learn a four step strategy to end your cycle of anxiety...”

The [Takeoff Today Program](#) also comes with a Tactical Kit for us both before an upcoming flight and during the actual flight itself to aid in eliminating the anxiety that can lead to panic.

6) Don't Let Your Anxiety or Bothersome Thoughts Scare You

Anxiety and panic about flying are really playing this elaborate hoax on you, and that's where their power comes from (and why your fear isn't your fault). When you learn how to stop letting them fool you, they wither up and die. That's really what the [Takeoff Today Program](#) does best, it teaches you how to beat the trick in the fastest, easiest manner possible.

But let's get clear on what's going on...

Anxiety...TRUE ANXIETY, isn't a big deal.

Whoa...I know, I know, you're thinking "crawl inside my head for a little bit and I'll show you what isn't a big deal!"

Hear me out.

True anxiety isn't all that bad. It's not the initial anxiety that gets us in trouble, it the REACTION to that first wave of anxiety that tears us apart. It's the anxiety about feeling worse, or your scary thoughts coming true that does the real damage and makes you feel so terrible.

There's three parts to the trick.

Trick Number One:

Anxiety tricks you into being afraid of yourself and your feelings.

So you're sitting on the plane, or even just thinking about flying, and you have a thought, it may even be an unconscious thought you don't realize you had, and you have a minor reaction of anxiety. You may get a slightly elevated heartbeat, a little dizzy, or any number of sensations, but like with all TRUE anxiety, they're really very minor bodily sensations and most people don't let them bother them at all.

But if you get sensitized to those initial anxiety sensations like people with a fear of flying do, you take them VERY seriously and start to overreact. Instead of feeling the discomfort of anxiety and trying to think of what could be bothering you so you can solve it, you instead start to worry that the feelings will get worse.

You begin to go on “red alert” and you scan your body for signs that it could be getting worse, and since you’ve now moved up to red alert status, it usually does.

You’ve totally forgotten about the thought that bothered you, and you’re looking for some evidence of impending danger. The environment looks safe, there’s no meteor that’s going to fall on your head or angry gorilla coming down the aisle and the plane isn’t crashing, so your mind figures that if the environment isn’t the problem...it must be you!

So now your heads starts to race and you start thinking of all this bad stuff...

“What if I go crazy or embarrass myself?”

“What if it gets worse and I lose control?”

“What if the planes crashed or the wings fall off?”

and my personal favorite..

“Oh, my God..I can’t get off!”

But the trick is that there IS no problem. No threat. Your reaction is the problem, and if you can give up that reaction you’ve gotten so good at having, everything will go away.

But it all got started because of...

Trick Number Two:

Anxiety tricks you into thinking that it’s dangerous.

True anxiety is just an emotion. When you get angry you don’t think you’ll get angrier and angrier and angrier until your brain snaps and you lose control and get put into a mental ward, right? That may even have sounded a little funny, which is great, because

it is kind of stupid. But that's what trick number two is doing...it's making you think that a normal emotion can consume you or do you harm, when that just isn't true.

There's only so big anxiety can get, and you've probably already experienced it. Just like anger, sadness, or anything else can only grow to be so intense, anxiety is no different. As a matter of fact, like we talked about, anxiety by itself is small...weak. It's that reaction that has more power over you, but even that can only grow so large.

“Your anxiety isn't dangerous...you're actually overprotecting yourself!”

Anxiety is part of our genetic makeup so we can snap to attention if something dangerous is happening. Human beings didn't evolve so successfully because when something scary happens, we pass out, die, or go crazy. That's the exact **OPPOSITE** of what happens. We become very good at protecting ourselves. In fact, you're **OVERPROTECTING** yourself from something that isn't dangerous in the first place! You're actually **TOO GOOD** at this survival stuff!

After some time, you may even get all the way to....

Trick Number Three:

Anxiety fools you into thinking you need to avoid the “danger”.

This is closely related to trick number two, but it goes a step further.

Sometimes in order to try and “protect” yourself, you may begin to **AVOID** flying since you think it **MIGHT** trigger these sensations that you've wrongly classified as “dangerous.”

I know you think your anxiety you feel when you fly is the problem, but it's not.



Your anxiety isn't a "disease" or something out of your control, but is actually simply a reaction to your feelings and thoughts and something that you can learn to control and END by learning to choosing a different response.

The nervous stomach, tingling, dizziness, sweating, racing heart, ARE NOT dangerous or something that cause you harm.

What gets you in trouble is how you perceive and react to those feelings, thoughts, and sensations.

If you tell yourself that they're horrible and an indicator that you're about to lose control, die, or go crazy, then you call them "anxiety" or "panic".

If you tell yourself that they're a sign of energy, fun, and life...then you call them "excitement".

The physical feelings of excitement and anxiety are virtually identical, all that changes is the reaction we choose when we experience the emotion.

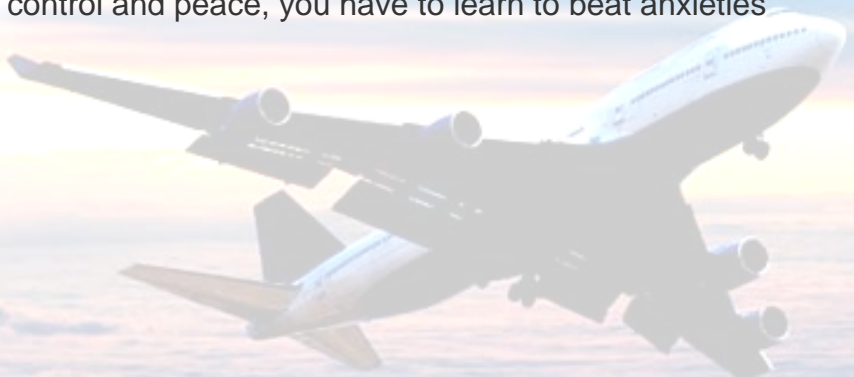
It's your CHOICE.

You can choose to react with excitement, anxiety, or like you can learn in the [Takeoff Today Program](#)...you can choose to NOT REACT AT ALL.

The [Takeoff Today Program](#) is going to help you clear away all the nonsense you've been telling yourself and start choosing differently, so you get different RESULTS.

To fly comfortably, in complete control and peace, you have to learn to beat anxieties "tricks".

7) Practice Without Pressure



This is really what makes conquering the fear of flying so tough, right?

If you had a fear of heights, you could find a tall building, go out on the balcony, and if you felt like you needed to, walk back in without any problem.

With flying, you're not so lucky.

Once those nose comes off the runway, there's no turning back. You're stuck up there, like it or not, until landing. It's a very difficult situation to overcome a fear in.

Traditionally, there's been no way to work on your fear gradually or in stages. You would just have to do what you can, get on the plane, and hope for the best.

But not anymore.

The [Takeoff Today Program](#) includes an advanced and specially developed audio visualization session that you will use as part of the program to take "virtual flights" whenever you choose, from the safety and security of your own home.

You'll be guided by the hand through an entire flight, from takeoff to landing, so you can practice the new skills and advanced techniques you'll learn in the [Takeoff Today Program](#) whenever you like. The audio was developed to be more "real" than any other visualization session you have ever experienced. So real in fact, that studies have shown similar practice to be virtually indistinguishable from reality!

8) Know What to Expect During the Flight

Has anyone ever played a joke on you and jumped out from a behind a door and started you? Let me ask you something...

How much would that have scared you if you would KNOWN ahead of time that they were there and what they were going to do?

Right. Not very.

That's why it's so important to know what to expect during your flight and WHY you can expect it. I know that you may think you've flown plenty of times and you already know what to expect, and that may be true...but you don't know why to expect it, and that's key.

For example, have you ever felt like you were falling shortly after taking off and it scared the heck out of you? Something as brief as a split second of fear like that can set off a chain reaction of anxiety that can ruin your entire trip. If you had known to expect that feeling, it wouldn't have scared you in the least, you would have known it was coming and why.

What? You want to know you feel like you're falling shortly after takeoff? Ok...

You get that funny feeling like you're falling, or like you're on a little bit of a roller coaster due to what is called "noise abatement". In order to reduce noise for the people that live near the airport, after gaining sufficient speed and altitude for climb, the pilot will reduce power to the engines shortly after takeoff.

“You need to get rid of surprises during the flight.”

This quieting of the engines, slowing of speed, and decrease in angle of climb, can make it feel like you are falling, but in fact, you are still climbing, only less rapidly.

There are a TON of situations just like that you'll encounter while flying, and if you know about them and understand them ahead of time, they won't scare you at all. But you need to know what they are so stop surprising you!

In the [Takeoff Today Program](#) there's an entire chapter devoted to making sure that nothing about flying surprises or frightens you again, and you'll even learn more in the

included audio and video session! By the time you're done with the program, you'll probably know more about flying than anyone on the plane except the pilot!

9) Take Care of Yourself the Day of the Flight

On the day of your flight, take extra special care of yourself and try to make your day as easy as possible. Get a good night's sleep, confirm your ride to the airport, and have as much already packed as possible.

Be organized so you don't need to rush. Make checklists the day before so you don't forget anything and so simply don't need to think too much. Take it easy on the coffee, the last thing you need if your anxious is a stimulant!

Have a good, but light breakfast or meal before your flight. Don't stuff yourself so you're uncomfortable, but don't let yourself go hungry either. Sometimes when people are anxious they either overeat to try and settle their nerves or they don't eat at all because their appetite is blunted by adrenaline - avoid either extreme. Have some whole grains to stimulate serotonin which will help relax you. Combine it with some protein so your blood sugar stays stable and doesn't cause you anxiety. Eat until you're comfortable, not not full. You can always bring a light snack with you on board the plane too.

Leave in plenty of time to get to the airport, park, check-in, and navigate through security. Don't let traffic or a line at the security check cause you to stress out - leave enough time so if those things happen your schedule can accommodate it.

Pack a carry on bag to bring with you on board full of things that will help you pass the time and feel great during the flight. No matter what you do, don't forget to bring your In-Flight Tactical Kit you got included with your copy of the Takeoff Today Program! Some other things that are good to think about bringing with are some water and the snack we talked about earlier, some crossword puzzles to pass the time, and a portable

radio or mp3 player with headphones. Many flights even have entertainment, Internet access, and movies on board!

10) Don't Wait Until You "Have To"

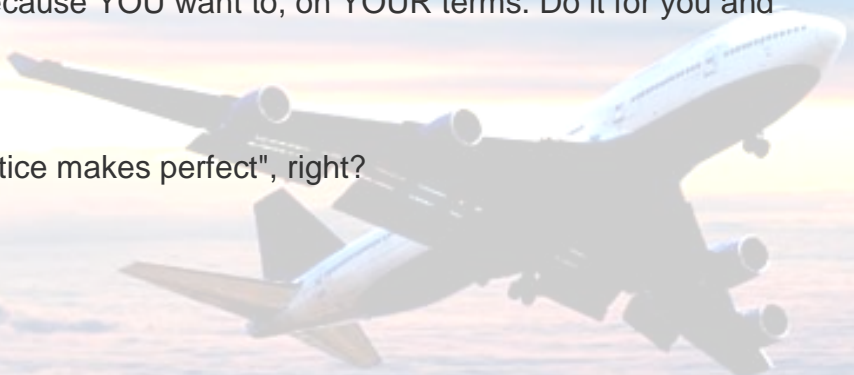
Please, please, please...don't wait until you HAVE to fly someplace to try and work on overcoming your fear. Don't wait for the next vacation, wedding, funeral, holiday, emergency, or business meeting to try and do something about it. Don't wait even one more day than you have to.

Be assured that an event requiring you to fly WILL occur sometime in the future, so start preparing now. By the time the next event or situation that requires you to fly rolls around, you could be completely over your fear!

If you wait until you have a "reason to fly", you'll have the added pressure of knowing you HAVE to feel better by a certain date, or that everyone is depending on you, or that you may be forced to endure the misery of your anxiety on board the plane. More pressure and stress is the last thing you need and will make everything much more difficult. Start getting ready now so you can work through the program at your own pace and allow yourself to really get good at what it teaches.

It's also important that you overcome your fear for yourself and not for an event or fleeting circumstance. If you somehow battle through and make it to the wedding, meeting, holiday, or whatever the event is, as soon as it's done and you're back home you'll breathe a sigh of relief and tell yourself, "I'm glad that's over". You'll be no better than before, and as we'll talk about in a moment, you'll even probably be a bit worse. You need to defeat this fear because YOU want to, on YOUR terms. Do it for you and no one else.

You've heard the phrase "Practice makes perfect", right?



It's wrong.

Completely wrong.

Practicing the RIGHT things makes perfect. Practicing the WRONG things can make everything, much, much worse.

Every time you fly without the right information and tools, you can dig yourself into a deeper hole. Every time you get on a plane and scare yourself, and try to suppress your feelings, or panic over your symptoms, or "tough it out" with white knuckles on the armrests, you get worse. You reinforce to your mind and body that there's something to be afraid of and that's how you should handle it. It's the opposite of what you're supposed to do, you're teaching yourself the wrong way and perfecting it.

I want you to do a little experiment with me, are you up for it? You can do it right from your chair.

I want you to cross your arms across your chest, just like you're waiting in line at the grocery store or something.

Now I want you to cross them the other way, so if your right arm was on top, now put your left arm on top, or vice versa. Not a big change, just swap the position of your arms.

See how awkward that feels? Doesn't it feel *wrong*?

It feels awkward because you've "practiced" the other arm position so often. Anything else feels wrong, or at least not comfortable. When you crossed your arms the opposite way, didn't your brain kind of whimper out..."Hey, whadda think you're doing?"

If your mind can get into the habit of crossing your arms a particular way, don't you think it gets just as used to your reaction about flying and your anxiety? You better believe it! Every time you go out, grit your teeth, and keep practicing the WRONG way to react when on a plane, you're TEACHING yourself to get better at that reaction, to make it a more deeply ingrained habit, for it to happen more automatically.

Just like you don't "decide" which way to cross your arms anymore, your reaction while flying may have gotten so habitual that now it seems to come out of nowhere and with lightening speed...if that's the case, you've done a fantastic job at teaching yourself the wrong thing.

Oops.

“You’ve waited long enough...”

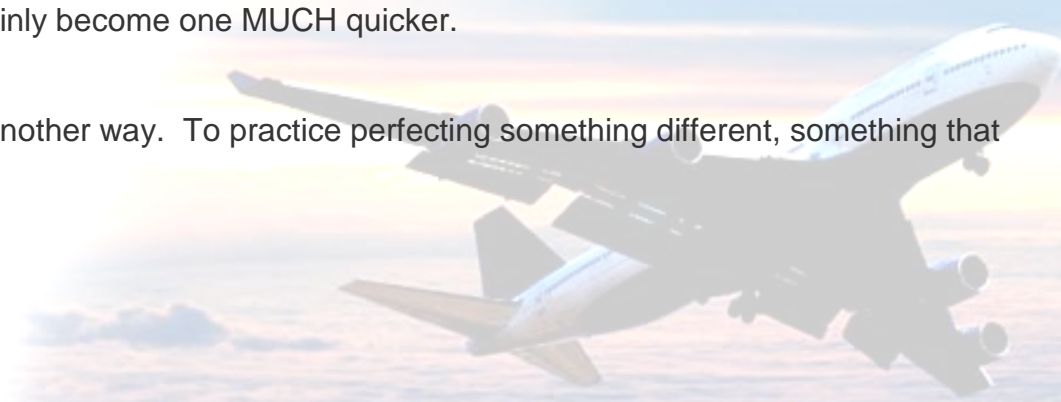
One of the things you'll be doing with the [Takeoff Today Program](#) is

"unlearning" all those bad skills you've practiced so much and have gotten so good at. Then we'll replace them with something much better, you'll learn to "cross your arms the other way" while flying, and pretty soon, reacting with anxiety will feel just as wrong and unnatural - and that's exactly what we want.

So practice doesn't make perfect, the wrong practice can make everything feel about as "un-perfect" as it can get.

You need to stop teaching yourself to respond the wrong way, and start practicing the right way, until THAT becomes your new habit. If something is inconsequential as how you cross your arms can become a habit, a strong emotional response like anxiety while flying can certainly become one MUCH quicker.

It's time to try another way. To practice perfecting something different, something that works.



For less than you may have spent on coffee last month, you can change how you feel about flying and alter the course of your life forever. But it's really up to you, you need to take the first step on your journey. You can take it right now, this very second, by [clicking here and starting the Takeoff Today program.](#)

