

# Aerophobia Conquer your Fear of Flying by Lauren Rosenberg



## INTRODUCTION

Technology, and its numerous advantages, means that we are now able to fly. This is made possible through the use of aircrafts, jet planes, helicopters etc. However, to many people this feels very unnatural and many of us are frightened to fly.

Do you get anxious when you think about getting on a plane? Maybe you are going on holiday, need to take a business trip or perhaps there is a very important family occasion abroad and the only way is to fly. If the answer is yes, then you might be suffering from what we call Aerophobia.





The name Aerophobia can be associated with Claustrophobia (which is the fear of closed and confined places) and also Acrophobia (which is the fear of heights). Although these are different, they are somewhat related.

This is because, planes fly at a great height above the ground level and when all the doors are shut it means you're in a confined space where you have little or no movement. This is combined with the fact that you are told to fasten your seat belts to avoid all hazards.



For many, flying is some sort of torture and to others a necessary evil but what we should realise is that,

**“No particular means of travel is safe. All have their positive and negative sides.”**



## Can we stop feeling afraid?

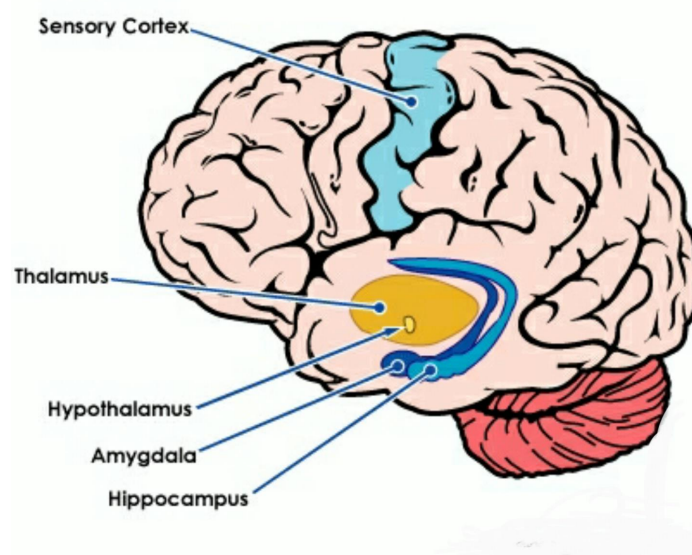
No we can't because it is part of us. Fear is a vital response to physical and emotional danger—if we didn't feel it, we couldn't protect ourselves from legitimate threats. But often we fear situations that are far from life-or-death, and thus hang back for no good reason. Traumas or bad experiences can trigger a fear response within us that is hard to stop. Yet exposing ourselves to our personal demons is the best way to move past them. More so, it should be noted that excessive fear doesn't hurt a person although it produces emotional, physical and psychological stress. A Fear of Flying can affect people in different ways:

- It can be a fear of heights
- A fear of enclosed places – claustrophobia
- A fear of severe turbulence happening, causing the plane to crash
- Frequent flyers who have a bad experience can find their fear being compounded the more they fly
- Often people dislike the feeling of not being in control.

You may need to dose yourself up with tranquilizers or alcohol before getting on the plane and that can't be good.

It is human nature to be afraid, but it is the unnecessary and excessive fear of something that is not even planning to hurt you, that is a disorder. The amygdala is the reason we are afraid of things outside our control. It also controls the way we react to certain things, or an event that causes an emotion, that we see as potentially threatening or dangerous.

#### Parts of the Brain Involved in Fear Response



**AMYGDALA:** according to Wikipedia, amygdalae (singular amygdala) are two almond-shaped groups of nuclei located deep and medially within the temporal lobes of the brain in complex vertebrates including humans. Its functions are simple:

- **Processing of memory**
- **Decision making and**
- **Emotional reactions.**

## HOW COMMON IS AEROPHOBIA?

Aerophobia is common among people regardless of their ages, sex, culture or nationality. Analysis has shown that among air travellers, approximately 25 per cent have aerophobia.

However, it is quite normal for questions to come up when we find ourselves on a plane These include:

### Am I safe on this plane?

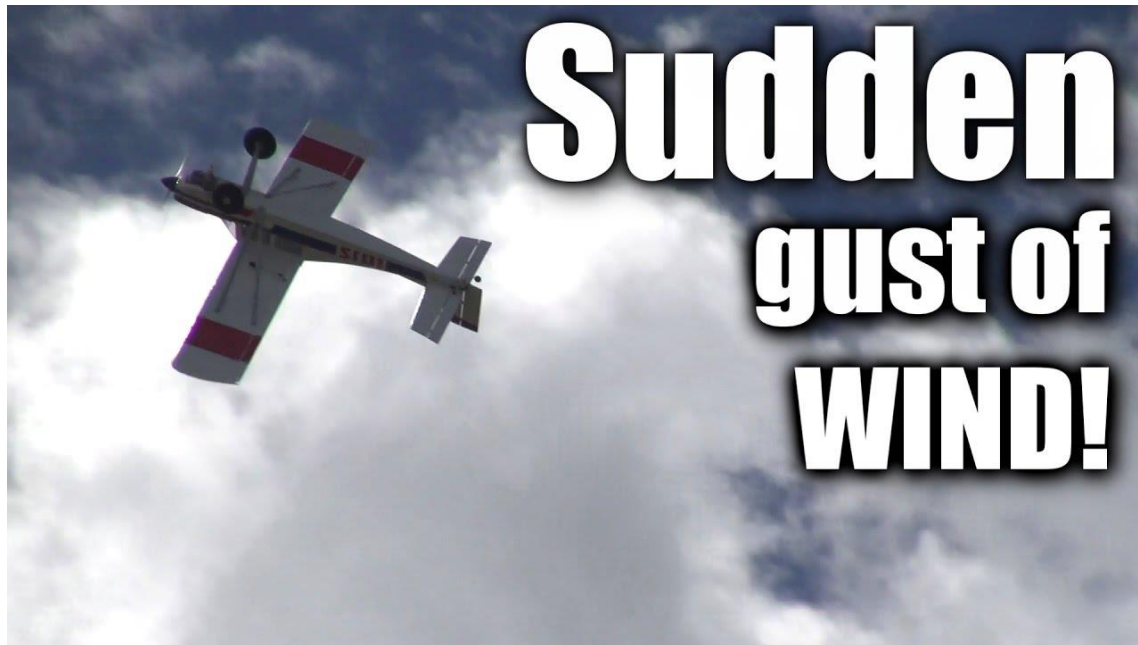
Flying is the safest form of travel. So much research has been done into air travel including:

- the building and maintenance of the aircraft to a very high standard
- rigorous training of pilots
- great improvements in safety can be seen at the airports. Movement-detection monitors show every vehicle on every runway, taxiway and terminal gate, and controllers receive warnings of potential collisions.



## **Is turbulence dangerous for this plane?**

Turbulence and harsh weather are sometimes inevitable and, therefore, are bound to be encountered. Turbulence can be compared to a bumpy and uneven road.



**Why are there weird noises on this plane? Have the engines been properly cared and acknowledged fit for this journey?** Every aircraft has a pre-flight check. Aircraft maintenance checks are periodic inspections that have to be done on all commercial/civil aircraft after a certain amount of time or usage.



**Are the pilots and co-pilots well trained and certified enough to fly planes?** Becoming an airline pilot requires:

- a lot of hard work
- a lot of money
- they need to obtain and hold a Class 1 Medical Certificate to fly professionally
- there is fierce competition for positions with the top airlines.
- the training is very strict.



**What if we have terrorists on board? How can they be stopped?** The airports are all on very high security against terrorism and the police are also patrolling with dogs. It is now much safer than it used to be.

**Am I the only one feeling this way?** No a fear of flying is common and there are likely to be others on the plane feeling just like you do.

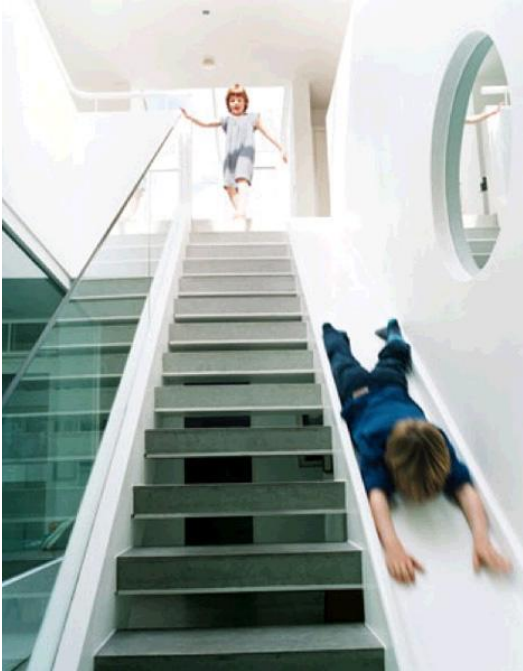
## CAUSES OF AEROPHOBIA IN HUMANS

Many people suffer from fears and phobias which are caused for many reasons including the following:

**INHERITANCE:** Studies show that as well as fear being a part of our makeup, it's also inherited from our parents, grandparents or even a family member. With this phobia present, it affects how a child is brought up and thus affects our mentality and ways of reacting to things in our environment.



**CHILDHOOD OCCURRENCE:** The famous saying, 'once bitten, twice shy' has become a part of how people react in life. Children naturally have a fear of heights. If a child experiences a fall from something high, he or she automatically becomes acrophobic (Fear of heights). That's why, as adults, they have a phobia of climbing stairs, looking down high buildings and even dreading the thoughts of flying in the air.



Therefore, it should be noted that what happens at birth and in childhood affects the way in which he/she looks at life.



**PERSONAL TRAUMATIC EXPERIENCES:** Aerophobia can be caused by personal experiences of a traumatic plane crash or flight. When this occurs, it's difficult to convince such a person to take a flight or even go close to scenes associated with planes.

**WATCHING TRAUMATIC HEADLINES:** With the intense 24 hour coverage on the news, you don't realise that you are seeing the same news reports over and over again with every news item analysed many times over. In our emotions it feels each time is new, even though our intellectual brain knows that this isn't true.

So our emotions tell us that these incidents are much more common than they really are. In addition, the news editors and producers thrive on bad news to keep us watching their programmes and reading the newspapers.

There is one simple thing you can do – limit or stop watching the news and reading the papers. Try not to listen to radio bulletins. If there is something you really need to know, you will hear about it soon enough. You can always subscribe to a weekly or monthly journal that are more reasonable in their analysis of events.



### **MEDICAL CONDITIONS:**

Sometimes people with medical conditions such as ear and sinus problems are put off from flying because

the pressure in the cabin can make their condition really painful. In these circumstances it is best to consult a doctor for help with the problem before flying.



## SYMPTOMS OF AEROPHOBIA

A Fear of Flying can affect people in different ways:

- It can be a fear of heights
- A fear of enclosed places – claustrophobia
- A fear of severe turbulence happening, causing the plane to crash
- Frequent flyers who have a bad experience can find their fear being compounded the more they fly
- Often people dislike the feeling of not being in control.

They can be mild in some people and severe in others. The physical symptoms to look out for are as follows:

- Sweating and clammy hands
- Fainting
- Frequent urination
- Chest pain
- Trembling
- Increased heart rate
- Nausea
- Vomiting
- And other forms of gastrointestinal distress

The psychological symptoms include:

- Irritation
- Dizziness
- Thoughts of falling to death
- Inability to think clearly
- Disorientation
- Nervousness



In addition, people who have aerophobia actually tend to:



- Totally avoid travelling by air and going to airports
- Become aggressive

## **DOES AEROPHOBIA HAVE A CURE?**

It is possible to overcome your fear of flying and there are several treatments available.

Firstly, it is important to believe in yourself and think positively. It is important not to think negatively but instead think of a positive result such as a good landing, great arrival and reunion with family and friends, successful business trips with greatly earned profits or a fantastic holiday. In fact, we need to believe all will be well and think positively.



## **OTHER WAYS OF CURING THE PROBLEM ARE:**

### **EXPOSURE THERAPY.**

Exposure Therapy helps you retrain your brain. It's not just about "getting used to" the fear. It's about retraining your brain to stop sending the fear signal when there isn't any danger.

The individual is guided through various relaxation techniques such as visualization and breathing exercises to help confront the fear during the exposure. Through regular sessions along with these relaxation exercises, the level of fear is practically and obviously reduced.

People struggle against anxiety attacks and phobias because they recognize that their fears are exaggerated and illogical. They try hard to talk themselves out of the fear. But often that doesn't help. So they end up trying to avoid the fear, and that, unfortunately, just strengthens it.

### **EFT**

#### **As part of my treatment, EFT can help you get rid of a fear of flying permanently**

Using EFT will allow you to face the cause of your stress, which is **not** the fear of flying, and change your attitude about flying automatically. It may feel like being frightened of flying is making you feel pressured but it is, in fact, your core subconscious belief about the situation that makes you feel stressed.

In your past your subconscious has interpreted certain experiences as proof that flying is a threat. This means that as flying gets closer, your subconscious tells your brain to trigger the fight/freeze or flight state. So in order to change the way you react to flying, you need to change the original record in your subconscious and this is how you do it!



## Changing the Original Record in your Subconscious

### Step One

Take a deep breath, close your eyes and think of flying. In fact, if you have an earlier memory of anxiety around flying, so much the better. Now think about any other times you've felt that same anxiety – it may have nothing to do with flying; it may be something completely different, but with the same feeling. Notice how it feels, and notice what's happening in that memory. Notice where you feel this feeling in your body and how strong it

feels.

### Step Two

Using two fingers, gently tap the following meridian points while focusing on the feeling of your fingertips on your skin and saying the phrases.

- Between your eyebrows – “I release and let this go”
- Beside your eye – “It's okay to let it go”
- Under your eye – “It's safe to let this go now”
- Just below your collarbone – “I don't need it anymore and I'm okay as I'm letting it go”



### **Step Three**

Grab your wrist, take a deep breath, blow it out and say “Peace”. Now, go think of something peaceful – something that feels good – and enjoy the feeling of that memory for a moment.

### **Step Four**

Go back to the memory of the stress you focused on in Step One, and notice what’s different. Notice if the feeling has changed or moved position in your body. Notice if the intensity is different. Just notice what is left. Also notice any memory or thoughts that come to you – just notice them.

### **Step Five**

Repeat Steps Two through Four until you can no longer feel the bad feeling. Keep tapping until any bad feelings and thoughts have been replaced by good ones; and until any memories have changed.

As you are tapping, you will notice that beliefs that relate to the feeling (the pressure and anxiety) you’re aiming at come up for you. These may be phrases you remember hearing as a child; they may be memories; they may be thoughts. They may be objections and arguments. Whatever they are, just notice them and tap them out. As you do this, you are changing those core subconscious beliefs.

As you can see, these procedures are best performed by a specialist or professional.

## MEDICATIONS



If you suffer from aerophobia, psychiatrists or psychologists would be of help in assessing the magnitude of fear and could prescribe drugs such as anti-anxiety and anti-depressants that could be taken before flying. Obviously this is not an ideal way of coping with the problem.

## COGNITIVE BEHAVIOURAL THERAPY (CBT)



CBT is very similar to exposure therapy. The therapists aim is to recognize the negative or ill thoughts in the individual's mind associated with air travel. Intensive talking and sharing processes, the therapist tries to instil positive thoughts and behaviours to help the person cope with air travel. These therapy sessions are also known to help ease

aerophobia and hypnosis can also help in the overcoming of this phobia.

**FLIGHT COURSES** Special flight courses are available for people prior to flying where the airline staff cover every aspect of aviation, they teach you mind tools and also make the whole experience enjoyable and fun. Usually they are in two parts and the second part involves taking you on an hour long flight.



## **You don't have to suffer for the rest of your life because I can also help you get over your fear.**

We aren't born with our fears and phobias so if you have a fear of flying you have learnt it so it is possible to unlearn it too.

My name is Lauren Rosenberg and I help people to get rid of their fears and phobias through EFT and other holistic therapies. I help people with many different types of fears and phobias and transform their lives from being nervous and afraid to being confident and able to live their lives to the full. So I can help get rid of your fear of flying and help you to start a new life free of anxiety.

EFT (as explained above) is a therapy where it is possible to mentally "tune in" to specific issues while tapping certain meridian points on the body with our fingertips. This releases emotional issues and allows the body to repair itself, most of time, in a very short period of time. Using EFT helps to balance disturbances in the meridian system and problems can be reduced or removed within minutes and hours unlike conventional medicine, which can take months or years.

We can do this by using our fingers to stimulate the meridian points on the face and upper body whilst focusing on the problem, sending calming messages to the brain that helps to clear the disruption and re-balance the body's nervous system. Once learnt, this technique can be used to overcome any future problems.

Below are testimonials and newspaper articles about people I have helped conquer their fear of flying.

# We jettisoned our flight fears



I was very excited to have my work recognized in a feature on Fear of Flying entitled ‘We jettisoned our flight fears’ in the Sun newspaper. See below where the article shows how Sharon Glick of Edgware overcame her fear of flying through using my methods.

## Sharon's Interview

*Sharon Glick, a 42-year-old part-time administrator and mum from Edgware in North London cured her fear of flying using a 'tapping' technique*

*“My problems with flying started when I was 7 when my family was coming home from Spain – I remember crying, telling my mum how I didn't want to get in the plane. Ever since then I've had massive problems with flying, but with lots of family who live abroad I just had*

[www.fear-busters.com](http://www.fear-busters.com)



*to live through the absolute panic and anxiety every time I got a flight. Over the years I've resorted to have a couple of alcoholic drinks and in recent years I've used Valium to calm me down, but this never really dealt with the root issues.*

*Every time I even thought about getting on a plane I felt I couldn't breathe, my palms would sweat, and my heart would race. I hated all the strange noises you hear on a plane, thinking something was going wrong – and I always panicked when the plane started to level off after take-off, thinking we were going down. My husband Haydn always had to hold my hand and do his best to reassure me. I just felt so silly getting in such a flap about something I knew shouldn't be an issue.*

*We flew a lot more before my son Dylan was born in 2012, but as Dylan grew up I became increasingly worried he'd pick up on my anxiety and he'd develop the same fear. So last summer a good friend called me saying she'd met an amazing therapist called Lauren Rosenberg at a school fair who could help me. My friend bought me a session with Lauren as a birthday present, knowing I had a holiday to Spain the next month.*

*At Lauren's Fear Busters clinic in North West London she asked me questions about my background, when the fear started, then asked me close my eyes and describe how I felt during each stage of a flight – as she did this, she sprayed calming essential oils over me. She then explained the key 'tapping' techniques I should use to release the negative energy I was storing up – using my fingers I would tap pressure points all over my head and face and then on my hands. I guess you'd describe it as like acupuncture but without needles.*

*While I did this she told me to repeat positive statements such as "I'm stronger" and "I'm positive". In total I'd say I spent 3-4 minutes each time, and while I had some doubts about whether this would work, I'd*



*heard great things about Lauren and knew I had nothing to lose.*

*As suggested, I practiced the tapping every evening for the following week, then we had to fly. I used the tapping as a first aid kit, doing it whenever I felt anxious – so at home before going to the airport, in the lounge at the airport, then as the plane took off. I hadn't packed any Valium and chose not to have a drink, so it was the only remedy I had.*

*I have to say I was amazed at how effective it was, how I didn't have sweaty palms or any of the anxiety I'd had to tolerate for so many years. Haydn couldn't believe it either. And I was so relieved knowing I didn't have to hide my fear from Dylan.*

*I used the same techniques on the flight home, which worked brilliantly, and earlier this year Haydn and I flew to Venice and I honestly now feel like I've conquered my fear of flying. I'm not entirely sure how it works – it could just be a useful distraction –but it does and I feel so free now. Needless to say I told my friend that was the best birthday present I've ever had!*

An article which appeared on Mail Online on Monday, 2 November, 2014 **Could this therapist end your fear of flying in just three sessions? Phobia expert uses unusual treatment dubbed 'acupuncture without needles' to help aerophobia.** Therapist Lauren Rosenberg uses Emotional Freedom Technique Mrs. Rosenberg has near 100 percent success rate helping aerophobics, also assists clients with OCD, food allergies and stress-related illnesses

By SIMON CABLE FOR MAILONLINE PUBLISHED: 18:08, 2 November 2014 | j UPDATED: 18:10, 2 November 2014 Getting on a plane for many people is an experience to be endured rather than enjoyed. But if you are among the estimated 10 per cent of the population who suffer from a fear of flying, help could be at hand. A London-based therapist



specializing in anxiety disorders says she has a near 100 per cent success rate in helping clients overcome aerophobia – an extreme fear of flying – using holistic therapies and an unusual method called Emotional Freedom Technique (EFT). Here is the link to read the rest of the article: [http://www.dailymail.co.uk/travel/travel\\_news/article-2810848/Can-therapist-end-fear-flying-just-three-hours-Phobia-expert-uses-unusual-treatment-dubbed-acupuncture-without-needles-help-aerophobics.html](http://www.dailymail.co.uk/travel/travel_news/article-2810848/Can-therapist-end-fear-flying-just-three-hours-Phobia-expert-uses-unusual-treatment-dubbed-acupuncture-without-needles-help-aerophobics.html)



Play the links to see how my clients got over her Fear of Flying Lucinda - <https://youtu.be/XpUOC1UBcp4>



Matt - [https://youtu.be/ax\\_sKH6nDqU](https://youtu.be/ax_sKH6nDqU)



Do you, or someone you know, panic every time you book a flight, let alone get on a plane. You are finding it hard to breathe, is this a panic attack.... you feel detached and faint, you try and rationalize the situation – it doesn't work! All natural body systems seem to freeze, I can't do this..... Then, with much trepidation, fear and terror, you climb the steps to the aeroplane – into the unknown!!! You are not on your own because statistically, every row of three seats on a commercial aero plane contains at least one passenger who'd really rather not be there. Or maybe you are one of those people who worry a week before you get on a flight and then your holiday is spoilt because you are worrying about the flight back!!

If you feel like this it is not the flying you are afraid of but it is your thoughts in relation to flying. In addition, if you avoid flying it can affect:

- your relationships, as your friends and family will want to go abroad on holiday
- your career, if your work involves travel
- prevent you experiencing the benefits of travel, discovering new cultures and enjoying the sights and wonders of the world.

So if you suffer from severe anxiety which prevents you from travelling or causes you great distress at the mere mention of an aircraft, do please contact me and I will let you know how I can remove this fear which will result in the freedom to fly to wherever your heart takes you ..... and always remember 'The Captain of the plane wants to get home safely too!!!!'



Do get in touch with me for a free 20 minute phone consultation on **07966 268148, Skype fearbusters100** or lauren @fear-busters.com.

I have used the Emotional Freedom Technique to help clients suffering from anxiety disorders Read other success stories on <https://www.fear-busters.com/success-stories/>

If you have a Fear of Flying or any other fear or phobia, please get in touch with me for a free consultation on telephone number 07966 268148 or email me at [lauren@fear-busters.com](mailto:lauren@fear-busters.com). My website address is [www.fear-busters.com](http://www.fear-busters.com).

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