

**easyJet**

FEARLESS *flyer*

# HOW TO OVERCOME TRAVEL ANXIETY OR A FEAR OF FLYING



**A FREE  
GUIDE**

Imagine two people sat on a plane travelling together.

One is having a panic attack. The other turns to them and says: "There, there...calm down. It will all be ok. Don't you worry, it will all be alright"

The one having the panic attack says: "Stop telling me to calm down. I can't calm down. Can't you see I'm stressed? Leave me alone!"

Does this sound familiar?

Do you feel that other people don't really understand?



If you fly already but dread the flight, or even if you have never taken a flight in your life before because of your immense fear of flying, then we are here to tell you that you are not alone.

In fact Boeing and other well respected organisations have carried out many surveys over the past 30 years and they estimate that one in every six people have some form of a fear of flying.

A more recent poll conducted by Newsweek magazine found that 50% of the adults surveyed who flew on commercial airlines were frightened at least some of the time.

A common reaction of an aerophobe is to avoid flying as much as possible. There are many high profile celebrities who go out of their way to arrange their personal and professional lives such that they can avoid flying.

## SYMPTOMS OF FLYING PHOBIA INCLUDE:

- **A complete inability to even contemplate booking a flight**
- **Not being able to board a flight despite going to the airport**
- **Feeling uncomfortable during certain phases of a flight, with turbulence triggering the most common 'fear' response.**

The issue is huge, as the inability of a family member to fly often prohibits a whole family unit from travelling, sometimes on multiple occasions each year.

It's important to have a better understanding of the fear as a starting point to overcoming it. The fear of flying can be made up of many different aspects. For example for some, the fear of flying is actually the fear of heights, for others it's the fear of enclosed spaces or of being out of control. In reality it does not matter what the fear is as the process of curing any fear is exactly the same.

## FEAR IS NORMAL

Fear is normal and 100% rational. In fact there is a part of the brain called the amygdala that is designed to warn us of any danger and it is part of our 'fight or flight' response. Without this we could get ourselves into potentially dangerous situations, so it is our body's natural warning system. Fear can also be created in our own heads by the movies that we play of the worse case scenarios or the negative things that we tell ourselves prior to an event.

A typical example of this is when we are asked to make a speech at a wedding and as soon as we are asked, most people will start to play a mind movie of the worse case scenario.

As an example they see a movie of themselves very nervous, sweating, not being able to remember the words, completely drying up in front of everyone and making a fool of themselves! They will also say negative things to themselves, which will fuel the fear further.

However, athletes do the complete opposite to this process, as they train their brains to only see what they want, not what they don't want!

They also know a secret! The brain does not know the difference between what is real and what is imagined. This means that if they imagine a positive outcome for themselves over and over again in their minds then they start to create positive references, and the more references that they create the more they start to turn that into a solid belief. And because the brain does not know the difference between what is real and what is not you can actually train the brain to believe that you have already achieved something ahead of time.

This, of course, does not guarantee that the athlete will win the race but it puts the belief in their minds that they can, and as most athletes will tell you, a race is always won in the changing room long before they have even walked onto the track! That's why top athletes, as well spending hours in training, also use psychologists to help them achieve this way of thinking.

## YOU ARE NOT BROKEN OR DAMAGED!

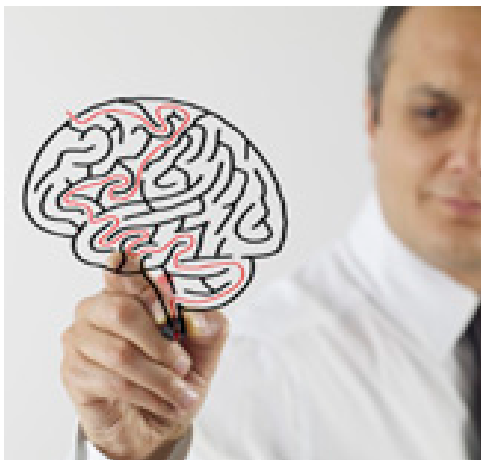


When people have a fear they think of themselves as broken or damaged in some way. Think of your brain like a computer, with the computer itself being the hardware. Then think of the patterns that you run in your brain as the software.

What can happen with any computer is that the software that it's running can become corrupted by a virus, which in turn will cause functionality problems. Your brain is exactly the same as you can create unwanted looping patterns (like a computer virus) in your brain that can also cause all sorts of issues including, for example, a phobia.

However, similar to a computer, the good news is that you are not broken in any way but instead you are simply running a rogue bit of software in your brain. So once you are taught how to replace the corrupted software with new software it's remarkably easy to sort out the problem and in this instance remove the phobia.

## CHANGING BEHAVIOUR PATTERNS



So we've looked at positive thinking which is a good thing but it takes more than this to change any negative behaviour patterns that you have looping in your brain. This requires a much more advanced technique and an understanding of how the brain stores negative images and sounds. These are technically called submodalities or the internal coding in your brain and learning how to change them is the best way to replace this corrupted software. Once this is understood and the techniques applied, you can literally interrupt the pattern and rewire the brain. So by effectively short-circuiting the negative pattern you can stop it in its tracks!



## REMOVE MISCONCEPTIONS TO REMOVE THE FEAR

The fear of the unknown is also a major factor in fuelling your fear. Most people like to feel that they are in control so stepping onto a plane can fire off all sorts of negative triggers, especially if they feel like they don't have any control over the situation.

They feel out of control because none of it is familiar. The sights, the sounds and even the smells are not what they are used to. The brain also typically leaps to conclusions when it is not in control of the facts, so the brain can create unbelievable misconceptions about flying and aviation in general that are simply not true.

So having a qualified pilot going through just about every possible question about the aircraft and how safe flying is, is the best way of dealing with those misconceptions which in turn will cause them to disappear.

The point is, if you remove the misconceptions then you remove the fear. This is a very important part of the process of flying fearlessly.

## Here are some of the typical questions that we get asked and that we cover in our easyJet Fearless Flyer course:

Is turbulence dangerous for the aircraft?

What are all those weird noises on the plane?

What happens if an engine fails?

What happens if both engines fail?

How safe are we from terrorists?

What happens when lightning strikes the plane?

What happens if the Pilot becomes incapacitated?

Can the autopilot fail?

Are low cost airlines as safe as more expensive ones?

Are there secret codes between pilot and crew? – What do they mean by “cross check” or are they signalling bad news with the “pinging” sounds?

Why do you sometimes get that sinking feeling just after take off?

Why is there water dripping from the ceiling?

What happens if the pilot can't speak the same language as the airport we are landing at?

Why are the lights dimmed for take off/window blinds raised up for landing?

What would happen if there was a fire on a flight?

Will too many heavy people on board cause a plane crash?

What would happen if the undercarriage failed to lower for landing?

How do they fly through fog and dark clouds if they can't see?



None of these questions may bother you and you may have other worries but it's likely one or more these is a concern to you as they are common to most of the people who have attended our courses. Remember, though, this is only a selection of questions. Our course attendees have the opportunity to ask any number of questions of the pilot. But whatever your worry is, it is simply a misconception through a lack of knowledge. Most of us didn't choose to become airline pilots and therefore don't need an understanding of aviation.

Those without fears are simply not bothered. But you are concerned and there's nothing wrong with that. Unfortunately, however, your lack of knowledge is having a negative impact on you and creating misconceptions. But once you establish the facts and put your mind at rest, your worries will disappear completely.



The fear of flying can be made up of many different fears and of course some people can have a mix of more than one.

## A SET OF MIND TOOLS

### EXERCISE 1

#### FIND OUT WHICH FEAR AFFECTS YOU

Here are the most common ones:

- Fear of heights.....
- Fear of enclosed spaces .....
- Fear of being out of control.....
- Fear of the noise or smell of the aircraft.....
- Fear of the unknown .....
- Fear of having a panic attack.....
- Fear of turbulence .....

Identify the biggest one that affects you bearing in mind you might have more than one.

Use a fear-scale to grade on a scale of 1-10 which one most affects you.

It is useful to identify what fear affects you the most and focus the techniques specifically on that area.

In reality it does not matter what the fear is as the process is exactly the same. During our Fearless Flyer course we will teach you a set of mind tools that you can use no matter what your fear is, even if it's none of the above. You will be able to use these mind tools in many other areas of your life too!

### EXERCISE 2

#### IDENTIFY THE TRIGGER POINTS

It is also useful to identify at which point the fear triggers.

For example:

- Talking about a holiday that involves a flight.....
- Booking the flight .....
- On the way to the airport .....
- Arriving at the airport .....
- At the check in desk .....
- Going through security .....
- At the boarding gate .....
- Stepping onto the plane .....
- When the engines start up .....
- On take off .....
- On Landing .....
- Other? .....

Use the fear-scale once again to grade on a scale of 1-10 which one most affects you?

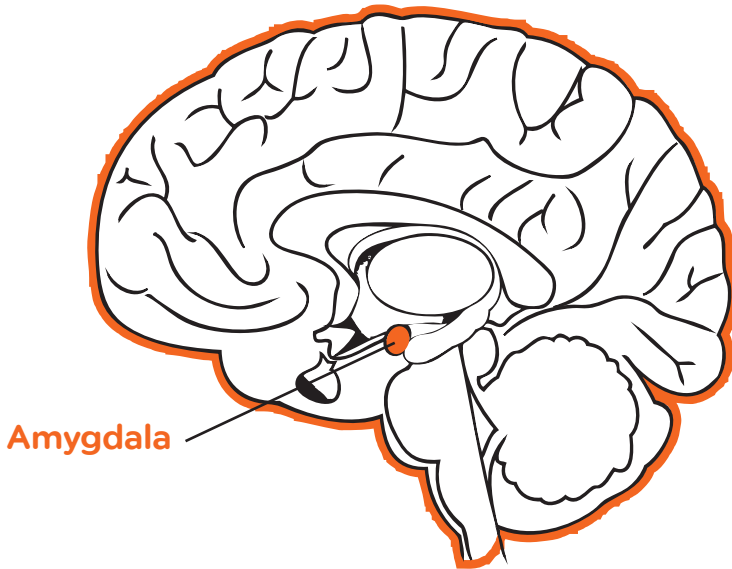


## UNDERSTANDING THE MECHANICS OF YOUR BRAIN

It's important to understand how our brain creates the fear of flying and what's going on subconsciously. By understanding it, you can learn to change it.

The one thing that we know about the brain is that it learns very quickly and as it does so it links things together both positive and negative.

So most phobics would have already created some very strong links connecting FLYING with FEAR! But this is not very useful, right?



There is a part of the brain (AMYGDALA) that is designed to alert you to danger, and which is activated by the 'fight or flight' response.

Once activated it fires off lots of chemicals, but mainly adrenaline, and then shuts down any rational thinking. The important bit to understand here is that the Amygdala is triggered by your thoughts. So constantly focussing on negative mind movies or negative internal dialogue will trigger it.

In fact it always amazes us how great people's imaginations are! They will literally read into everything.

## REFRAMING

Picture this... Imagine a very suspicious looking man with a strange beard and an odd looking rucksack on his back checking in at the airport desk just in front of you – What are you thinking? Be honest...

You might be picturing that there is a terrorist about to board the plane with you, right?

Now reframe it and put a different meaning on that - So imagine it again in your head, this strange looking man with a beard and odd rucksack, but this time picture it like this...



keep scrolling....



keep scrolling....



keep scrolling....



keep scrolling....



keep scrolling....



It feels different, doesn't it? - This is called a positive reframe and the brain can't take this one seriously. Gone on – admit it, you've even chuckled to yourself.

The point is when you reframe it in your head you feel differently, right? This is because it has a completely different meaning.

Which image is going to cause the amygdala to trigger its chemical reaction, 1 or 2?

So the solution is to learn to control your thoughts and also learn to create new links in your brain, so when you focus on flying you will have different associations...and that is what you would learn on our easyJet Fearless Flyer course.

## CONTROLLING YOUR STATE OF MIND

There are 3 things that control state of mind.

- 1) **Body language**
- 2) **The pictures going in inside our heads – Mind Movies**
- 3) **The language that we use to communicate with ourselves – Internal Dialogue**

### BODY LANGUAGE

When it comes to body language, a large part of the mind-body connection relates to breathing. Some people don't breathe correctly and often take too many breaths per minute. This can be referred to as shallow breathing where air is drawn more into the upper lung area by using the intercostal muscles of the chest rather than throughout the lungs by using the diaphragm. Furthermore they are then breathing out too much carbon dioxide too quickly. Low levels of carbon dioxide in the blood causes many of the symptoms of hyperventilation (i.e. breathing to quickly). All of this can have an adverse reaction on the body. There may be medical reasons for this, however, it can also be a symptom of anxiety, stress or panic attacks. This can then become a vicious circle. Panic leads to rapid breathing and rapid breathing can make you feel panicky.

So learning about our mind-body connection can change how we breathe and therefore how we feel.

### MIND MOVIES

The movies that we play inside our head have a direct impact on our emotions as well as our behaviour. If we imagine the worse case scenario ahead of time then we will react to this accordingly.

If we learn techniques to change our submodalities (internal coding) then we can remove the fear.

### INTERNAL DIALOGUE

What we say to ourselves (self-talk) also directly affects how we feel and our behaviour. We can teach you techniques to change that nagging negative voice inside your head.

So in summary, once you understand the mechanics of how the brain works in relation to fear and how to change your state of mind, then you can learn to delete that fear and let go of it forever.



## ABOUT THE COURSE



In our ground-breaking easyJet Fearless Flyer course we teach people how to control their state of mind with a cutting edge set of mind tools that are so powerful, that they can not only be used to cure your fear of flying, but can also be used to help in any other negative aspects of your life.

In addition, you will have the opportunity to ask a senior easyJet Captain questions about every single aspect of an aircraft and aviation and totally remove any misconceptions that you might have about flying.

After that, you'll be more than ready to make a conscious decision to come to

the airport one or two days after the Ground Course to take the Experience Flight that is included in the price of the course. This is a special 45 minute flight in and out of the same airport nearest to the Ground Course on one of easyJet's modern Airbus jet aircraft. In addition to easyJet's experienced crew and the Fearless Flyer team, there will also be an additional Captain in the cabin with you giving a full commentary so you'll have total reassurance throughout the flight.

Once you've taken the Experience Flight, coupled with the knowledge of how airplanes work and your new set of mind tools, you will have everything you need to become a Fearless Flyer!

## READY TO TAKE THE NEXT STEPS?



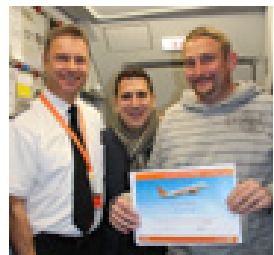
**We've specially designed a course based on proven techniques to help people overcome their fear of flying.**

It features Lawrence Leyton from Channel 4's TV Show **Fear of Flying**, together with a senior easyJet Captain, and takes place at venues all around the country. Lawrence will not only teach you an amazing set of mind tools, but will also make the experience fun and enjoyable. In addition, the Captain will also cover every aspect of aviation and be on hand to answer any questions that you might have.

The course is purposely constructed in two parts. Part One is a 3 hour evening

Ground Course. Part Two is where you put into practice everything you've learned, and where you experience your first Fearless Flight - an hour long accompanied flight with the added reassurance of an additional Captain in the cabin talking you through the entire journey. The flight takes place on a separate day to the Ground Course to allow you concentrate, relax and enjoy the course without worrying about having to take the flight that day. This leads to a much more successful and lasting outcome.

**For further information or to book a course visit our website - [www.fearlessflyer.easyjet.com](http://www.fearlessflyer.easyjet.com)**



**BUT DON'T JUST TAKE OUR WORD FOR IT...**

Below is a testimonial from Carly Guthrie who came to our Glasgow course last year. It's one of a large number of testimonials we received. Such was her fear, she was having panic attacks just thinking about booking the course. We simply said to her, "come to the ground course and don't think about the flight until after that. We know you'll then be ready but you can make that decision yourself". She did just that. The rest is history... here's her story...

*Dear all staff at Fearless Flyer and easyJet,*

*I would like to thank you all for your absolutely amazing work and for curing my fear of flying.*

*As you are all aware, I was a very nervous flyer, I had panic attacks, I cried hysterically and it ruined the whole experience of travelling for me.*

*Firstly, I really enjoyed the Ground Course. I felt I was treated so well by all the staff, they all knew how bad my feelings were. Lawrence is a great guy who really makes everyone feel motivated and empowered. He really did know what he was talking about. Captain Chris was fantastic in the way he explained how the aircraft worked. I will be honest, I attended this event thinking to myself that I knew how a plane worked, how wrong I was! Chris was honest and very informative. There were so many things which I did not understand that now really put me at ease.*

*I must admit I was also very cynical and came to the course with the expectation that it wasn't going to work. Again, I was wrong!*

*Today, we all took the flight. I didn't feel scared!*

*I cannot thank all the staff enough for all their endless support, hard work and patience! I can honestly say you have all changed my life for the better and I am forever in your debt for that. This has not only cured my phobia of flying, but I now feel like I have a new lease of life, as if a weight has been lifted from my shoulders that's been weighing me down for years.*

*I am truly truly thankful to you all. I only hope one day, I can also help others who have been in this situation and change their lives in the same way you have all changed mine.*

*Sincerely, Carly Guthrie*



So, if you want to feel like Carly (and the many others who have taken the course) and be able to fly without worrying from the minute you book your seat, then you really should come on the course. It's a life changing experience and family and friends will doubtless also benefit too from you becoming a Fearless Flyer!

“...I took to the sky from Bristol without fear for the first time in 10 years.... I am cured!”  
AP - Bristol

“I was so confident the next day after the Sunday morning flight I could have gone on another plane - no bother.”  
YB - Aberdeen

“...I could simply not persuade myself to go on a plane. The easyJet course has changed all that, and I am now looking forward to my next flight.”  
PL - Dundee

“What a HUGE success!! I was not afraid, I still can hardly believe that I had no fear, non what-so-ever!! I thoroughly ENJOYED the flight!”  
JS - Strathaven

“...I thought the fearless flyer course was great... I now have the confidence to book my honeymoon abroad.”  
EB - Bristol

“I am excited and looking forward to my next flight, I'm definitely a FEARLESS flyer!”  
SB - Bristol

**For more information about the  
easyJet Fearless Flyer course please  
visit our website:**

**[www.fearlessflyer.easyjet.com](http://www.fearlessflyer.easyjet.com)**

**or email us: [info@fearless-flyer.com](mailto:info@fearless-flyer.com)**