

Fear of flying and many aspects

Hi Everyone,

Karen Ledger gives us some insights into a many aspected fear of flying.

Hugs, Gary

by Karen Ledger

I helped the mother of client who has such a huge fear of flying that she drives across Canada every year rather than take a plane. Well, she had to go to Ireland and didn't have time to take a boat, and was already getting nauseated three weeks before the event, just thinking about it.

I suggested we try EFT and she agreed. We spent about 40 minutes **exploring and tapping on all the aspects** which might come up for her **around flying**. We started with **thinking about it, the drive to the airport; sitting in the cramped seating and smelling the airplane smell; takeoff; fear of the pilot being inept; turbulence; and the plane dropping out of the sky or down thousands of feet. Interestingly, there was no fear around landing, as she felt that once they were on their way down she would be OK, even though she realized intellectually that landing could be risky!**

Well she returned from her trip this week and reported that she had "no further worries prior to the flight" even tho she tried to make herself worry just to test the technique! She stated "*It was a lovely trip! My husband couldn't believe it" ...I enjoyed the food, the music the movie and the view!....and I have already booked another flight to Prince Edward Island for later this year! It's really unbelievable!*"

Well this has boosted my confidence and I am thinking of expanding my counseling practice and advertising specifically for people with phobias.

Love & Hugs, Karen