

**Fear of Flying** Air travel has become an everyday means of travel for many, and an essential part of our work and personal lives. But it is estimated that up to one in ten people suffer from a fear of flying, also known as aerophobia, which can severely limit your horizons.

Hypnosis can quickly and easily help you overcome your fear by helping you to become more confident about flying.

A fear of flying can occur for various reasons, from claustrophobia to a feeling of loss of control. The subconscious part of your mind is responsible for your survival, generating 'fight or flight' responses, so the fear is caused by the unconscious part of your mind warning you that it's dangerous to get on a plane for some reason. If the plane was obviously not in a condition to fly then your subconscious would be doing a grand job. However, in the case of a flying phobia, that protection mechanism, which is meant to keep you safe, has become over-sensitive and is now a problem.

This is where hypnosis comes in. You will be asked how you would like to feel when you fly and then hypnosis is used to relay this message to the subconscious, alleviating the need for it to become over-protective and create negative feelings.