

COLLABORATIVE LIFE COACHING

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The Fear of Flying

Is there some area of your life that you would really like to explore or change, but where you hold back out of fear?

I have a single, grown daughter who has never felt safe flying. She flew to Hawaii and back at age five, but was air sick most of the way home. I took her on a dozen or so national and international flights for vacations, but it never really got easier for her. She is very brave professionally and personally, and often flies to vacations and conferences, but still reports white knuckles when the plane takes off.

Yesterday she called to give me financial instructions in case she never came back. A pilot friend had finally talked her into going up in his 1950's-era European fighter plane. A few hours later, she called breathless and laughing. She reported they pulled 3 G's, they did a roll and 60% bank turns, she watched the world through a cockpit bubble, got listen to air traffic control through headphones, and more! She confronted the fear, took the risk, and her world enlarged. She likely has a new sense of her own strength and courage today.

Where does the "fear of flying" lie in YOUR life? Most of us have some area we want to change or explore, but we just can't get ourselves to go there. The Gremlin voices in your head say "I can't...I'm not smart enough...I'm not brave enough...I'm not rich enough..." or "I shouldn't because.....". We occasionally toy with the idea of this thing we want, but back off and are left with a wistful feeling. We have the question hanging over us, "I wonder if I had done that....?" Does this sound familiar? Are you somehow holding back and limiting your potential for love, full-body laughter, health, and a sense of purpose?

I would like to suggest you do this exercise as a way of expanding your life into your "fear of flying" area:

1. Write down on a piece of paper what you would like to do. Putting it in writing makes it more real, and more likely to happen.
2. Write down what you are most afraid of, and whether there is a way to prevent that scary outcome.

If there isn't a reliable way, what would happen if that outcome occurred? Would it really be a catastrophe?

3. Mentally try on this change by imagining your life after it occurs. While you do, breathe deeply from the bottom of your lungs every other breath, and on that breath exhale more than you inhale. This will be calming.

4. Take one step toward your change when you end the visioning exercise. Make a phone call, speak your desire out loud to someone, book a ticket to something or somewhere, or e-mail me and I will support you to make this a reality.

I have confidence you have everything you need inside you to overcome your "fear of flying."

To your wellness!

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