

Flying Relaxed[®] with Biofeedback

by Michael Spevack, Ph.D.

- Learn to relax using the GSR 2 biofeedback monitor.
- Learn easy techniques to reduce your fear of flying.
- Experience the ease of flying in a deeply relaxed state.
- The systematic desensitization skill you learn can help you conquer your fear.
- Developed and field tested by leading psychologists.



OVERVIEW

This flight phobia training program is the most comprehensive and advanced self help program ever produced. It combines:

1. An audio program lecture on flight phobia and relaxation skills
2. The GSR2 a highly accurate biofeedback instrument accompanied by an audio instruction program that takes you through a relaxation exercise.
3. Two coaching sessions designed to "talk you through" anticipatory anxiety and the actual airplane flight, should you require it.
4. An optional flight phobia desensitization video designed to help you learn to respond to airplane travel with relaxation rather than fear.

It is essential to follow the various elements of this program in the correct sequence in order to derive the maximum benefit. This manual will carefully take you through the program step by step until you are able to fly relaxed and under your own control.

First you will learn why you are afraid of airplanes and determine exactly what you are afraid of. You will be introduced to the psychological skills that successful relaxed flyers use. You will learn a series of self-control skills (relaxation with biofeedback, visualization and worry stopping) designed to put you in control of yourself in the airplane. You will learn how to use the coaching sessions designs to talk you through anticipatory flight anxiety and the actual flight. Finally, using audio and video-taped flights, you will unlearn your fear of flying.

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INTRODUCTION

Since human beings first took flight nearly 100 years ago, flying has provided a fast, relaxing method of travel for some and a tense fear-ridden experience for others. In the very early days of flying there were often good reasons for feeling fear, as airplane design and construction materials were often guesswork, as pioneers of flight were breaking new ground.

Today, however long experience with design, materials and extensive pilot training have made air travel the safest of all methods of travel.

Airlines spend hundreds of millions of dollars in pilot training and aircraft maintenance, in order to provide safety and service to millions of satisfied passengers each year. **“Flying Relaxed With Biofeedback”** can make you one of them.

LET'S GET TO WORK!

Note: The ideas, procedures and suggestions in this program are not intended as a substitute for consulting with your physician. All matters regarding your health require medical supervision.

WHY PEOPLE FEAR FLYING

Why are people afraid to fly? There are a number of different reasons people develop a fear of flying. As you read through these, see which ones apply to you.

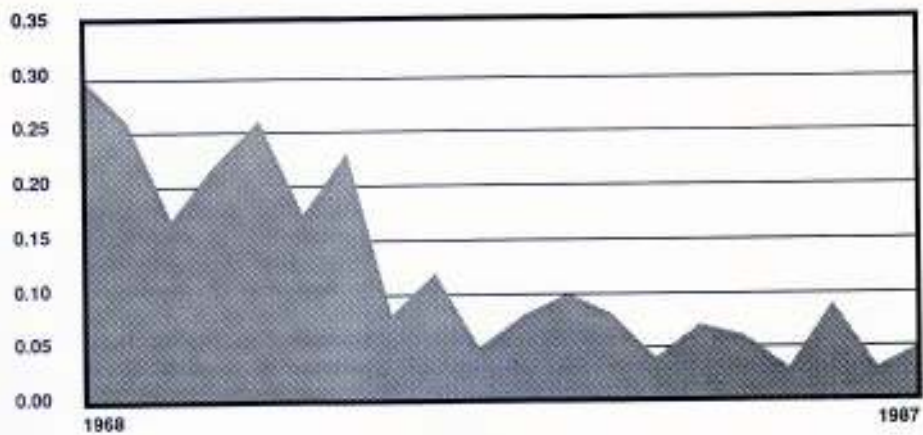
1. **Old Ideas About the Safety of Flying**

As you can see from Figure 1, the number of crashes and the number of people killed has fallen steadily from 1968 to 1987. You may have developed your ideas about flight safety twenty years ago or more, when airplane travel was less safe than it is now.

2. **Role Modeling**

You may have had contact with a person or people who were themselves terrified of flying. We learn by example, especially when we are young and impressionable. You may have accepted on faith that someone you trusted and admired was afraid of flying, and that flying was a dangerous and frightening experience for you too.

Figure 1: Passenger fatalities per 100 million passengers/km (1968-1987)



3. Vicarious Learning

People can learn not only from their own experiences, but from those they hear or read about. You may know someone who has had a close call or, more likely, you saw television news reports or read the newspaper accounts of airplane crashes. It is common for flight anxious people to take great interest in these accounts often vividly imagining themselves in the tragedy. In so doing, they intensify their fear, making it more difficult to get on a plane.

4. Media Exposure

Air tragedies are big news - front page news for weeks in most newspapers. As you can see from Figure 2, deaths from airplane crashes are well down on the list of accidental deaths, but we rarely read about someone's death from falling or drowning on the front page.

5. Secondary Gain

For some people the problem is not actually flying but a fear of leaving their family or familiar surroundings or anxiety

Figure 2

Accidental Deaths	
45,901	Motor Vehicle
12,001	Fall
4,407	Drowning
1,663	Food inhalation or ingestion
1,649	Firearms
1,428	Air Travel
1,288	Machinery
903	Struck by falling object
802	Electric current
305	Alcohol Poisoning
85	Lightening
49	Venomous snake bites
15	Dog bite
11	Fireworks

Census in USA 1985

about where they are going (difficult family members for example). Because they feel they can't give the real reason, saying they are afraid to fly allows them to avoid the situation they really fear.

6. Non-Associated Stress

When some people are under a lot of stress, they experience panic attacks. These are very unpleasant, anxious experiences that can involve intense dread or a feeling of impending death or personal disaster. Because travel and flying for some people causes some degree of stress, this increased stress may be just enough to, added to all the other pressures the person is experiencing, trigger a panic experience. The person may not understand why this is happening and associate it simply with flying. They then will worry that it could happen again if they should fly and avoid airplanes to avoid the panic.

7. Close Call

For many flyers who develop the fear of flying the development of their problem results from one or more incidents - mechanical difficulties, especially turbulent flights, air pockets and the like. This may cause them to anticipate the possibility of this occurring again on any subsequent flight and increase their anxiety during the flight or cause them to avoid flying altogether.

8. Luck

Some flyers feel that they have been lucky so far but that their luck is running out with each subsequent flight. They feel that sooner or later, if they fly often enough their turn will come. The fact is that each time you fly,

the chance of an incident is no more or less than any other time you fly, no matter how many times you have flown before. For example, each week you buy a lottery ticket your chances of winning are no more or less than the time before or after and the fact that someone else has been buying them all year does not make them more likely to win with their one ticket that particular time than you.

Having read through these descriptions you may have a clearer idea of why you have developed your fear of flying. While on a flight, people worry about different things. See which ones apply to you.

What people fear about flying:

1. Crashing and dying
2. Being high (fear of heights).
3. The feeling of being confined – not being able to leave the airplane when they wish.
4. Fear of their own anxiety reaction.
 - The feeling that their anxiety can cause a heart attack or stroke or some other life threatening physical illness
 - The feeling that anxiety or stress could cause a person to snap - go insane - and maybe never recover.
 - The feeling that anxiety could cause a person to lose control and become hysterical or behave inappropriately and cause that person to be embarrassed and humiliated in front of everyone else.
5. Not having control - in an airplane you are not in control of the vehicle - someone else is running the show. Can they be trusted to do a good job? Can the mechanics be trusted to have prepared the plane properly?

6. Anticipator Anxiety - for some people it's the waiting and worrying before the fight that is the most difficult. The sleepless nights, the disruption of their normal ability to enjoy things bothers them more than the flight itself.

NOW PUT ON CD 1 AND LISTEN TO THE INTRODUCTORY LECTURE. THIS WILL REVIEW AND CLARIFY THE CAUSES AND CONCERNS OF FLIGHT ANXIOUS PEOPLE

BASIC APPROACH TO FLYING FEAR - FREE

As you heard on the audio program, once you've made the decision to fly, you give up a degree of control over your environment (to the pilots and mechanics) and engage in a small degree of risk (comparable to, or less than, other risks you regularly undertake - remember the list of accidental deaths in Figure 2!). What you don't have to give up is your ability to be in control of yourself. This program will teach you the key techniques for learning self-control, namely biofeedback aided relaxation coupled with positive visualization and worry stopping techniques. You will experience a series of imaginary flights aided by audio and (optionally) video tapes in a deeply relaxed state (monitored by your GSR2). Through this systematic method the fear that you have learned to associate with flying over the years, will be unlearned.

FLYING FACTS

Here are some facts about why you SHOULD feel safe when you are in an airplane:

- FACT:** Flying is the safest means of transportation in the world.
- FACT:** Flying is 17 times safer on a mile for mile basis than driving your own car **FACT:** You would have to travel by airplane 263 million miles before you ran an odds-on chance of being killed.
- FACT:** You have a 99.9917% chance of successfully completing your flight.
- FACT:** To reach the odds-on chance of being killed in an airplane you would have to fly at top jet speed for a total of 40 years without stopping.
- FACT:** Pilots take longer to qualify for command of an aircraft than for a doctor to qualify for medical

practice.

FACT: Flying is so safe that life insurance companies charge pilots the same rate as office workers and grocery store clerks.

FACT: Flying is so safe that insurance companies offer \$20,000.00 worth of insurance for just 50 cents, and they still make money (lots of it).

FACT: Pilot training never stops; pilots are tested twice a year on special check flights and write comprehensive examinations.

FACT: Airlines spend more than 100 million dollars a year to train their crews.

FACT: There is no such thing as an old airplane, there is a

- a. full maintenance check every 800 flight hours;
- b. engine overhaul every 5000 flight hours;
- c. airframe overhaul every 8000 flight hours; and
- d. for every safety system there is a backup system.

FACT: Many stewardesses are college graduates and some even have doctoral degrees.

FACT: Stewardesses are superbly trained and are multi-talented.

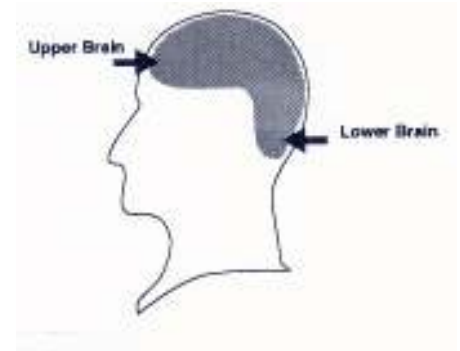
FACT: No other industry spends so much money and ensuring you are safe.

Now that's a pretty impressive list and you probably know most of it anyway. Why doesn't that help you when you get on an airplane? To find out why

LISTEN TO TRACK “UPPER BRAIN – LOWER BRAIN”

Dr Spevack's lecture on "Upper Brain - Lower Brain" will explain why it's so difficult to use rational fact when we are anxious. As you listen to this lecture it may be helpful to refer to this diagram to see exactly where the upper and lower brain are located.

As you now know you must quiet your lower brain first in order to give your upper brain a chance to be rational. How can you do that? First by learning to relax, then by unlearning the anxiety you have previously associated with flying. First let's learn to relax.



RELAXATION

Relaxation and fear are incompatible; it is impossible to be relaxed and feel fear at the same time. Relaxation is the secret to controlling fear producing thoughts and emotions. Once having learned how to relax, you will feel in control and confident. Fear producing thoughts and emotions make you feel helpless and out of control. Learning how to relax with biofeedback is a mental and physical skill (like learning how to ride a bicycle) which once learned will not be forgotten. Using the GSR2 biofeedback instrument, you will quickly learn deep relaxation which is the single most important technique in dealing with your fear of flying

Biofeedback

What is biofeedback? Biofeedback measures your body's reaction to emotion and physical stress with great sensitivity "feeds-back" changes in your moment-to-moment tension levels by means of a tone. Decreasing tone levels indicate increasing relaxation; increasing tone levels indicate increasing tension. Simple, isn't it!

Guided by your heightened awareness and using the relaxation audio program, you will learn how to relax deeply and control and eliminate fear producing thoughts.

By learning the mental skills to control your GSR 2 biofeedback monitor, you will learn to master your thoughts and reach deep levels of relaxation, so necessary in eliminating your fear of flying.

What is GSR biofeedback?

Galvanic Skin Resistance (GSR) is simply the opening and closing of the pores of the skin of your hands or feet. This provides you with a 'sound-picture' of changes in your mental and physical tension levels.

For Example: Pleasant relaxing thought = pores of the skin close = decrease in the pitch of tone on the GSR2 biofeedback monitor.

Fear producing thought = pores of the skin open = increase in pitch of tone on the GSR2 biofeedback monitor.

It is important to remember that Flying Relaxed With Biofeedback is an experience. We can define the word 'sweet' but it is much more meaningful if you actually taste something sweet. In the same way, this training book can explain how the program works, but to really understand it and get the full benefit from it, you must actually use the techniques it describes.

LISTEN TO THE GSR2 INSTRUCTIONAL TRACK AND LEARN TO USE THE GSR2

PROGRAM SEQUENCE

GSR2 BIOFEEDBACK / RELAXATION PROGRAM

1. A quiet and comfortable environment is important. Since muscular tension will raise the tone, allow yourself to be comfortably still. When practicing Exercise 2 (the tensing one) do not use the GSR2. Loosen any tight clothing.
2. Vary the schedule according to your requirements, but ideally try to practice the techniques at the same time(s) each day.

Week 1: Introductory Lecture
 Biofeedback Instruction
 Relaxation with Biofeedback Instruction

Week 2: Upper Brain – Lower Brain Lecture
 Relaxed Controlled Breathing with the GSR2

- Week 3:** Relaxed Concentration with the GSR2
Perfect Flight Instruction
- Week 4:** Meditation with the GSR2
Visualization with the GSR2
- Week 5:** Imaginary Airplane Flight Instructions
Perfect Flight Instructions
- Week 6:** Book a Flight (For Real)
Anticipatory Anxiety Coaching Audio Track
Actual Flight Coaching Audio Track

Program Log: Your Relaxation Record

Photocopy or make multiple prints of this page for record keeping and fill out after each time you do your relaxation exercises or desensitization procedures.

Day	Session	Time Spent	Level of Relaxation		Subjective		Remarks, Obstacles, Breakthroughs, Comments
			Pre (1-10)	Post (1-10)	Clarity (1-10)	Control (1-10)	
Example	Jan 1/11	15 minutes	4	8	Ext -7 Int -3	Ext -2 Int -1	Was able to clearly see myself in the airplane, breathing deeply

Level of Relaxation:	Your subjective feeling of relaxation, 10 most, 1 least
Pre – Post:	Before and after use of the GSR2
Clarity:	Did you complete the visualization to your satisfaction? 10 most, 1 least
External:	Like watching yourself on TV
Internal:	Like really doing it – seeing, feeling, hearing, using all your senses.

RELAXED CONTROLLED BREATHING WITH GSR2

Breath control is among the oldest relaxation techniques. It is used in many different cultures and is a valuable method of gaining mastery over your stress or arousal levels. Breathing is a function which is both involuntary (breathing while sleeping) and voluntary (taking a deep breath before diving). Unless you consciously control your breathing, it will reflect your unconscious emotions. Exercising voluntary control over your breathing is an important step in learning to master relaxation techniques. Relaxed controlled breathing is important because:

1. It helps you get a good night's sleep prior to a flight and aids in energizing you after arrival at your destination.
2. Breathing deeply prior to take-off helps you to control pre-flight stress.
3. It promotes deep relaxation which is essential for visualization.
4. You use less effort to shale the same or more oxygen.
5. Your gas exchange is much more efficient.

THE RELAXED BREATHING CYCLE

To begin the breathing cycle, first you must exhale completely. Initially, for the first few minutes, to learn this technique, you may wish to make a sound as you exhale whispering "Haaah" very softly. Allow your chest to fall, expelling the air. MOST IMPORTANT, continue the exhalation by contracting your stomach in, expelling the remainder of the air in your lungs. At this point let the air flow back in by allowing your stomach (abdomen) to relax and widen. (It looks like you are filling your abdomen with air but in fact, it is your lungs). Continue to inhale allowing your chest to expand slightly. Then repeat the exhalation cycle by allowing your chest to fall gently, feeling the air flowing out.

If you are lying down, your chest and stomach will fall naturally because of gravity and you will not have to pull your stomach in. However, as you begin your inhalation you should expand your stomach voluntarily allowing the air to flow in.

Important! Breathe through your nose, if it feels comfortable. Allow your jaw to relax. Allow your breathing to be effortless. Remember, that breathing is a rhythmic cycle. Never force it; simply observe it happening and experience it.



*adapted from Yuenbergel, (1981)

When practicing diaphragmatic breathing using the GSR2, the tone will increase slightly as you inhale. If it increases significantly, you are trying too hard. Focus on your exhalation and allow your inhalation to occur effortlessly.

Breath Control and Pre-Flight Stress

During levels of high stress, such as feared situations, many people have a tendency to hold their breath, hyperventilate or take short sharp breaths that magnify the negative effects of stress. This decreases your ability to relax. You will be able to use slow, deep (diaphragmatic) breathing to calm yourself down quickly.

Three Exercises for Breath Control

1. Whenever there's normal tension build-up, we tend to sign or yawn. This is a natural stress reliever- so yawn right now and feel the release of tension!
2. The yawn/stretch is used to promote relaxation in combination with breathing. Right now, stand tall, place your feet shoulder width apart, arms at the side at a 45 degree angle, palms open and head back. Breathe in as you yawn naturally.
3. After you yawn, continue the exhalation by pulling your stomach in and then let your stomach relax and let the air flow in, effortlessly. This is an excellent tension releaser - try it a few more times.

Note: The "Yawn Stretch" is also an excellent form of exercise in confined spaces.

RELAXED CONCENTRATION WITH THE GSR2

The mind if focused properly is capable of incredible feats such as allowing the body not to feel pain or as you have often heard in cases of extreme emergency a frail mother lifting a car off her child. If the mind is focused improperly it is also capable of giving you anxiety, ulcers, headaches, backaches and a host of other diseases. The body can be healthy and relaxed when directed by a strong and loving spirit.

Relaxed concentration is one of the keys to learning self control. It allows you to focus your mind and relax your body without your mind being bombarded by negative thoughts or visions. Most people are not aware of their thoughts; we just take them for granted. If your thoughts are not controlled then little wonder anxiety and negative physical symptoms can result.

The following exercise will help you learn about your thoughts and how to control them.

Using your GSR2 in a quiet environment, and in a comfortable position, take an everyday object, such as a spoon or a glass, and place it in front of you. Look at this object for one minute- let it become the object of your attention. Should

distracted thoughts arise, and they invariably will, simply acknowledge them and let them pass. The GSR2 will help you note their presence by signalling you with a rising tone. This seemingly simple task takes most people a while to master. Extend this practice and continue for a week or longer, until you have been able to hold the object in your unbroken concentration for a minute.

Next, to assist you in your concentration, choose a restful image, such as a flower or a candle flame. Allow your gaze to rest on this object. Let your eyes relax and "unfocus".

Be aware of your breathing. If thoughts should occur, acknowledge them and let them go. The purpose of this exercise is to quiet your mind. After a few minutes allow your eyes to close and see if you can hold the image in your "mind's eye". Recognize that relaxed concentration with biofeedback is the simplest form of meditation, a technique for quieting the mind in preparation for positive visualization.

Once having learned to fully relax and concentrating will, you will find that you have control of your thought process and the thoughts and emotions that used to take control of you no longer can.

MEDITATION WITH THE GSR2 2

Meditation is thought directed by will. It quiets the mind and sets it free. When you enter a state of meditation all your bodily functions slow down. To meditate you focus your mind on one thing and when disruptive thoughts occur you simply return to the focus of your meditation.

This may seem simple, but to demonstrate how difficult it is to control your thoughts, for the next couple of minutes, do the following exercise STOP THINKING. Put the book down NOW, and return in two minutes.

Welcome back. How long were you able to keep your mind blank? If you have little previous experience, chances are your mental silence was interrupted after a few seconds by "I'm trying not to think" "I'm not thinking", and so on.

All religions have a meditative component: Buddhism, Hinduism, Judaism, Christianity, Islam, etc. Meditation that is based on religion is a powerful force. Whether you believe in a divine being a universal essence or the spirit within each of us the result is the same: people who believe have that much more power. Whatever your cultural or spiritual beliefs are, use the images (a candle, a rose) or techniques (kneeling, chanting or prayer) that you feel most comfortable with.

When meditating, the thought that you direct your attention to can be almost anything - a word, phrase, image, feeling or whole sequence of ideas. You can meditate on the image of a beautiful object on the feeling of love, on the sound

"OHM" (pronounced "ooooohmm") or on a phrase like "Every day in every way I'm getting better and better". Meditation has real beneficial physical effects. Your heart rate, respiration and digestion slow down, and your blood pressure lowers. Your muscles relax your extremities (hands and feet) warm and your skin resistance increases. Your increased skin resistance is reflected by the GSR 2 as a lowering tone. A disruptive thought' which interferes with your meditation, may cause the GSR 2 tone to rise The GSR 2 can be used as a centering device; or it can be experience as a 'clock ticking in the background', which although not attended to, is giving you information on your state of focus or detachment.

Meditation and relaxation serves as an energizer. During your normal working day you have to deal with a variety of situations mentally physically; this can be very draining. Shutting down your system a few times a day, for about ten minutes, allows you to recharge your mind and body so when you return to your work, you can again give it your all; refreshed, calm and focused

As an experiment try meditating a few times a day, assisted by your GSR 2, for a few weeks and see for yourself it's beneficial affects. It is important to choose only one technique and focus on it.

VISUALIZATION WITH THE GSR2

In order to unlearn the association of fear which you have coupled with flying it will be necessary to be able to imagine or visualize being in an airplane in a completely relaxed state. The following is a series of instructions and exercises to help you visualize more effectively. Once you can do this well, you will proceed to "desensitize" your fear of flying.

We all learned to walk "naturally": instruction was minimal nonverbal. We saw others walking and copied them. This process of "picturing" or "imaging" is a powerful method, both for learning new skills and self-improvement.

Visualization, is simply SEEING (or experiencing) yourself in your mind. Once you start to use this technique, your life will begin to improve so dramatically that you will want to incorporate visualization into your daily routine. Remember "what the mind can conceive (visualize) you can achieve." Virtually all top business people and athletes see themselves achieved their goals before actually doing it. They mentally see themselves perfectly performing their goal before they actually do it. To fly relaxed and at peace with yourself is your goal (the first one at least).

To give you a better idea about visualization, let's practice with a trip to your kitchen in your "mind's eye." (Note that people imagine in different styles, some see it in living color, some in black and white, some feel it in their body and others just think about it). Now, in your mind, go to your refrigerator, and take out a lemon. It is cold to the touch. You hold it close to your nose and smell the familiar tangy fragrance. You pick up a knife, put the lemon on the cutting

block and cut it in half. You hear it crunch, you pick up one half of the lemon and put it to your mouth and then take a big bite out of the very sour lemon.

You can SEE, FEEL, HEAR TASTE and SMELL this entire scene. Close your eyes for a moment and experience these sensations NOW. What did you experience? PROBABLY YOU'RE SALIVATING NOW.

Note how your thoughts and images affect your body. You can now appreciate the power of a thought, and the power of visualization.

Visualizing Your Goal

Now go out and buy yourself a sleek desk model of a modern jet passenger aircraft or a picture of one. Physically place it before you and inspect it or look at it. Note all the subtle details, feel how safe and powerful it is. Allow your gaze to soften and sharpen and simply be there without thought. Now in a relaxed state, close your eyes for several minutes and mentally see yourself in the aircraft looking out the window at the sun reflecting off the mountains of puffy white clouds creating a wonderful landscape. You are now introducing visualization, feeling your goal of the relaxed, calm, confident self, flying safely in a in a silver bird. Use all your senses in your mind: see, hear, feel, smell, touch as if you were really there, doing it. You might ask yourself, "why should I see myself doing things I can't yet do?" Because visualizing yourself flying in a relaxed state makes a neuro-muscular (Mind-Muscle) connection to train your body to react in a calm, confident manner when placed in a situation which makes you fearful.

TWO KEY FACTORS IN VISUALIZATION

The two key factors in visualization are CLARITY and CONTROL.

CLARITY involves the details of your image, for example seeing the aircraft smoothly taking off, tasting the juice aboard the aircraft, smelling the food being prepared, hearing the common noises of people talking, the engines being revved up, feeling the texture of the seat. Using all your senses improves the clarity of your visualization.

CONTROL is the ability to initiate and complete visualization to your satisfaction. Practice each detail perfectly in your mind, repeating those that you have problems with. See yourself calm, confident and relaxed.

When you can clearly visualize the simple details you can begin to develop control. You can mentally zoom in, slow motion, or freeze frame your visualizations, allowing you to see yourself achieving your goal perfectly, flying relaxed and confident.

Internal Versus External Styles

Both internal and external visualization are powerful tools, and what follows is an explanation of when to use either or both styles. People often have their own preferences. Work with both, but remember that you are the director of your "Mental Movies", and you can and should follow your own style and instincts.

Internal

The Internal or Active style of visualization is often used in developing "the feel" or "doing it" type of activity in what we call the "narrow focus mode" seeing just the necessary details in order to do what you have to do precisely.

EXERCISE: Visualize yourself on the aircraft looking for your seat number using all your senses walk down the aisle seeing the numbers, feeling the cushioned floor under your feet, hearing the sound of people putting away their coats and talking, smelling the coffee being prepared and tasting the inside of your mouth. Stop and do it NOW.

External

The External or Observer style of visualization is often used in developing clarity and correcting details involved in completing your goal in the broad focus mode (seeing many details at the same time). For example, you "see" yourself on your own mental television screen while analyzing your reaction to stressful situations and correcting them until you see yourself performing them perfectly, confidently.

EXERCISE: Imagine sitting comfortably in a chair watching yourself on wide screen television where you see and hear yourself from the outside. You are walking, relaxed and confident, down the aisle looking for your seat number. You find it easily, put your coat away in the compartment above your seat, sit down, smile and put on yourself belt. Stop and do this NOW! See the difference between both styles - easy wasn't it?

Wide and Narrow Focus

Wide focus refers to seeing many details at the same time. Narrow focus refers to seeing just a few details or maybe even one.

Some situations, like cooking require a constant shift from broad focus to narrow focus. (Finding and mixing many ingredients (broad focus) then mixing them just right (narrow focus) then allowing them to cook just the right amount of time (narrow focus) then setting the table and enjoying the company of others enjoying the meal (broad focus).

When dealing with stressful situations it is important to know which kind of focus is most appropriate if you are going to work calmly and confidently through it. Learning how and when to shift focus can be practiced during visualization.

EXERCISE: In a relaxed state and using your visualization skills imagine a 12 inch wide plank on the floor; the task is to walk from one end of the plank to the other. On the floor you find it very easy. Now in your mind move the plank 60 stories above the ground between two sky scrapers and walk back across the plank. Notice that while the plank was on the ground and because there was no fear of falling focus was not an issue; however when the plank is 60 stories high narrow focus was absolutely necessary. The same factors are at work when it is necessary to remain calm while flying. Maintaining a narrow focus, being aware of your relaxed breathing, allows you to eliminate outside annoyances and anxiety. You can see how the use of wide and narrow focusing can help eliminate breaks in your concentration such as annoying thoughts. The ability to focus appropriately will help you control your anxieties.

DESENSITIZE YOUR FLYING FEAR

Despite your now powerful ability to relax, years of being anxious about flying have created a "conditioned fear". In a sense your brain is wired so that when the button "Airplane Flying" is pushed it sends a signal directly to the anxiety center of your brain causing you to feel fear. The purpose of this desensitization procedure is to break down this connection and establish one to the relaxation center of your brain.

This will be done in a series of stages, always monitored by your GSR2

STEP 1: AIRPLANE FLIGHT INSTRUCTIONS

- 1) With your GSR 2, relax so that the tone is at a low, stable level.
- 2) Turn on CD 2, track 3 (Imaginary Flight Instructions) and while listening to it keep the tone low. As you listen to the description of the flight try to visualize it as clearly and vividly as possible. You may not succeed completely in controlling the tone at first but continue practicing once per day until you have kept the tone low for 3 consecutive days. You may stop the CD at any time, relaxing until the tone comes back down and then continue to listen to the track. Try to experience the imagined flight as vividly and completely as possible, like you are really in an airplane.

STEP 2: VIDEO TAPE OF FLYING (OPTIONAL)

If you are using this video tape, you may find it preferable to use it after the imaginary flight but before the perfect flight track. As with the audio program, first relax yourself with the GSR2 and then begin the video. Continue this once per day as you did with the audio flight until you can achieve keeping the tone low for 3 consecutive days.

STEP 3: CD 2, track 4. PERFECT FLIGHT

As a further step in preparing you to fly, this perfect flight track allows you to begin to prepare yourself to fly fear free by imagining yourself doing just that. It is well known that if we can imagine ourselves doing things well, we are more likely to accomplish that.

As previously, relax with your GSR2 and, when the tone is low and stable, listen to this track. When you can imagine this flight clearly and vividly you are prepared even further to fly fear-free. You may find that reviewing this track after you have taken one or two flights, further increases your confidence and comfort while flying.

WORRY STOPPING

As you heard in the Upper Brain - Lower Brain lecture, worrying thoughts increase anxiety which in turn decreases the upper brains' ability to think logically. Your ability to identify worrying thoughts while flying and stop them will play a major role in flying fear free.

COMMON ERRORS OF ATTENTION WHILE FLYING:

Below is a list of common errors of attention fearful flyers make. Check off the one(s) you engage in:

1. Listening to the engine sounds and worrying about the meaning of any changes.
2. Focusing on the attitude (position) of the plane and worrying if it is climbing too steeply or tilting too sharply or swaying.
3. Looking at the cabin crew and scrutinizing their faces for any expression of alarm or concern.
4. Having a good look at the pilot when boarding to determine if he's old or young enough, sober or alert enough and then worrying about this during the flight.
5. Thinking about crashes or other disasters that you've read or heard about and imagining them vividly during the flight. These thoughts may be stimulated by something happening that worries you (a noise, a change of some sort, turbulence) or just by the thought that you are flying in an airplane.
6. Thinking about how your family and loved ones will react to the news of your death and wonder how they'll get along without you.
7. Worrying about what could happen to you if you became very anxious during the flight.

8. Worrying about the possibility of turbulence occurring during the flight.
9. Continually checking the window to see if the weather is OK and worrying if it seems that the sky is darker or there are some clouds below.
10. Checking your watch and calculating how minutes left to this ordeal and wondering if you'll be lucky enough to survive this one.

Obviously, once you are on board and the flight is under way, engaging in these kinds of thinking just makes you feel anxious and out of control. Using the thought stopping and attention shifting techniques described below will help you focus your attention positively.

WORRY STOPPING STRATEGIES

1. **Worry Identification.** The very act of identifying that you are worrying helps to reduce the effect of the worry on you. Remind yourself that worrying will only upset you and has no functional value in keeping you safe.
2. **Attention Shifting.** Once you've spotted the worry, shift your attention to cues from your immediate environment. You can look at the people around you; concentrate on a magazine, your food, your coaching tape or strike up a conversation with the person sitting next to you, (avoiding topics like your fear of flying).
3. **Relaxation Exercises.** You can use relaxation or breathing techniques to simultaneously distract and relax yourself while flying. Since anxiety drives worry, you'll be inhibiting your worrying in two ways.

4. Rubber Band Technique. Some people have a very strong tendency to worry (and not only on airplanes). If you're having difficulty inhibiting your worrying with the first three techniques, the rubber band method may be necessary. Take a rubber band large enough to fit comfortably around your wrist and each time you find yourself worrying, pull back the band, let it snap and say out loud, or to yourself 'STOP'. You will find that your attention is automatically shifted to the sensation in your wrist.

HOMEWORK: In order to develop the skill of worry stopping, try to catch yourself worrying during the day (you might try to apply it to your anticipatory anxiety for flying) and work on developing your abilities, both to catch the worry and then to stop it.

THE POWER OF POSTIVE THINKING

Positive thinking is an important component in learning to stop worrying. There is a wealth of literature available on the subject of positive suggestion, and for good reason, it really works!

Positive thinking can be used in two ways.

1. When you have identified a worrying thought produced by your lower brain influencing your upper brain and have stopped it (using one of the worry stopping techniques) you can now substitute a positive thought or image about flying (as in the "perfect flight" track).
2. As part of your basic pre-flight strategy, develop an abbreviated image or series of phrases of your perfect flight and simply take a moment to allow that positive sequence to flash through your mind. Some people like to do this first thing in the morning when they wake up, and the last thing alright before they go to sleep.

It is important to remember, however, that for positive suggestion to be most effective it should be done in a deeply relaxed state.

Learn to expect success by seeing yourself as a success!

When you are deeply relaxed before and after your visualization, you can mentally repeat affirmation such as:

"Each time I face my fears, I get more calm and courageous"

"I am becoming more confident and more controlled each time I practice flying relaxed exercises." Or you may find that rather than the words, developing a picture of yourself sitting in an airplane calmly, comfortably and totally unworried is more effective.

Use this space to create sensitive statement to help you achieve your goal.

THE NEXT STEP

You've learned, 1) why you're anxious on planes, 2) why previous good advice was not helpful, 3) how to control the relaxation response in your body, 4) how to re-focus your attention away from worrying. You've led a series of experiences in imagination and visualization, where you've controlled your anxiety and worry and have had this confirmed by the GSR2.

NOW: BOOK A FLIGHT. You may wish to make the first one a shorter, less complicated one - maybe 30 - 60 minutes each way then build up to longer ones. But for some people the length of the flight doesn't make much difference.

Using the Coaching Audio Program

Coaching tracks have been provided. These are designed to be used when you are ACTUALLY experiencing the situation of either:

1. Anticipatory anxiety
2. Anxiety in the Airplane

Dr. Spevack talks to you and coaches you in the use of all the techniques you have learned during the course. It will both reassure you that you can do it and remind you of the things you should and shouldn't be doing to be maximally comfortable while flying.

Before the flight, if you find yourself experiencing anticipatory anxiety, sit down in a comfortable spot, with your GSR2, and put on the “Anticipatory Anxiety Coaching Session” (CD3, track 1). Try to keep the tone low and stable while the audio reminds you of how to cope with anticipatory anxiety.

On the actual flight begin listening to the "Actual Flight Coaching Session" track (CD 3, track 2) as soon as you are seated and buckled up. The cabin crew has the right to ask you to remove the headphones during takeoff. If they do so, place them around your neck and turn up the volume. Listen to the audio as often as you wish during the flight.

CONCLUSION

No one is born afraid of airplanes or anything else. We learn our fear either by associating the thing we become afraid of with a negative emotion (people who have had a close call in an airplane then refuse to get on one again) or by developing an idea about a situation that makes us afraid even to approach it (the many people who fear airplanes who have never been on one).

Fear is an emotion that naturally leads to avoidance of the thing we fear, and when we behave in this way it eliminates the possibility of ever learning a new way to react to the situation. Relaxation and positive thinking are the antidotes to fear. You have learned these techniques and how to prepare your mind to feel positively about flying.

But there is one thing that this program hasn't done and it can only be done by you. Despite all the preparation, skills training and unlearning of old ways of reacting and programming new ways to react, you can never be fully confident of yourself in an airplane until you make that reservation and actually experience flying in a relaxed and comfortable way. You can do it! Millions do it on their own and thousands have

*Flying relaxed without a care
Open your eyes and you are there
Big strong engines take me home
Or wherever I may roam.
I'm at ease, without a care,
Biofeedback taught me there
is peace for a worried mind.
Easy and fun, that kind
of experience, Simple to explain.
Relaxation got me on this plane.
With calming thoughts I unwound
the tension spiral, and I found
the secret to enjoying my previous fear
is knowing my GSR2 is near.*

Lawrence Klein

learned to do it by learning these techniques.

All the emotions we experience, such as laughter-sadness, love-hate, happiness - anger, self-confidence fear, exist only within ourselves. We are blessed with the opportunity to choose peace and joy or turmoil and fear, the decision is ours and ours alone. No object or person can make you happy. You have to work on that yourself. This program has trained you in the key self control techniques to allow you to choose how you will feel in an airplane. By identifying irrational emotions (anxiety, fear) and learning how to enter into your own body and change them into relaxation and by spotting irrational thoughts and learning how to modify these, you have the tools to allow yourself the choice of flying relaxed.

The road from fear to confidence has been travelled by many, so take heart in knowing you are not alone and the rewards at the end are well worth the effort if you persist. So set your spirit free and soar like an eagle on silver wings that can take you quickly and safely around the world and in time maybe beyond.

HELPFUL HINTS FOR AIR TRAVELLERS

1. Pick the nutritional menu if the air line has one or eat light (stay away from fatty foods and sauces).
2. Avoid alcohol, coffee and colas which contain caffeine. The airplane's pressurized air is almost desert dry and these beverages are dehydrating. Stick to fruit juices or, preferably, water and drink a glass every hour or so.
3. Avoid smoking.
4. Stretch and walk if the flight is longer than one hour.
5. Loosen your tie.
6. Loosen your shoes (or, take them off).
7. Eat fruit, nuts, protein snacks (stay away from rich, heavy foods).
8. Bring something worthwhile to read.
9. Sleep or practice your new-found relaxation skills.
10. Ask for the aisle seat (easier to get up to stretch/walk), and try to do that once an hour.
11. You have the right to ask the flight attendant to change your seat (if another is available) if you don't like the location or your neighbors
12. After you've packed, "take half of it out and leave it behind"- travel light.
13. If you feel cold, ask for a blanket from the stewardess.
14. If you want to sleep and it's daylight, ask for eye shields and a pillow.
15. If you are on holidays, dress lightly in cottons (wash & wear)

16. Make sure passports and visas are in order on international flights.
17. Check your medical insurance and inoculation requirements if travelling out of the country.
18. If you require boarding or landing assistance, or need a special meal, make it known when you buy your ticket.
19. Always arrive at the airport early (don't place more stress on yourself).
20. Air travelers are normally friendly types and don't usually mind conversation.
21. Use the "Yawn Stretch" before landing and after landing.
22. Extra vitamins the day before, the day of and for the duration of your trip are a good idea. (Vitamins C, B12)
23. Eat a light meal before your flight (avoid fatty, salty, sugary foods).
24. If you are on a long trip crossing many time zones - the day before your trip adjust your schedule-meals and bedtime-one hour closer to the destination schedule.
 - on board set your watch to the destination time
 - sleep as much as possible during the trip
 - eat sparingly and try to avoid eating at hours where your stomach would normally be at rest if you were at home, to avoid indigestion.
 - after arriving, fight off the temptation to sleep at once - try instead to get your body on the day-night rhythm of the destination.

25. On especially long trips try to avoid sitting motionless in your seat for long periods of time. Try using your active relaxation exercise (the second one on the CD) at least once an hour to help stretch your muscles and assist your circulation.

HAVE A GREAT TRIP, and send us a postcard from you destination letting us know how your flight went.

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FLY RELAXED with this excellent program that teaches you how to identify and control your fear of flying...

Michael Spevack, Ph.D., is a clinical psychologist and Director of the Behavior Therapy Service at the Montreal General Hospital, a Clinical Consultant to the Department of Psychology at McGill University and a Staff Psychologist at the Lakeshore General Hospital. He has successfully treated hundreds of flight anxious patients individually and in groups for their fear of flying over 15 years. This program is developed from the highly successful Flight Phobia Program at the Montreal General Hospital and adapted for home use. It will help you to identify the sources of your flight anxiety and train you in the relaxation skills, worry stopping techniques and desensitization procedures necessary to fly fear free.

This program is designed to be used with Thought Technology's GSR 2 biofeedback monitor, which measures changes in skin pore size, an instant and accurate indication of changes in stress.

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Printed in Canada

The hand-held GSR 2 turns itself on automatically at the touch of your fingertips and emits a tone. Tension raises the tone, relaxation lowers it and you quickly learn to relax deeply and maximize the imagery processes.

Flying Relaxed by Michael Spevack, Ph.D., is a product of Thought Technology Ltd., leaders in the development of stress control products and programs used by medical, educational, business and sports professionals worldwide.



GSR2™