

# Table of Contents

Introduction . . . . .	1
Lesson 1: Who's In Control Here? . . . . .	2
<i>Understanding your brain and body – what you can and cannot control.</i>	
Self Control vs. Automatic Control . . . . .	4
Lesson 2: Your Muscles Lead the Way . . . . .	5
<i>Fear begins when we encounter something we think can hurt us.</i>	
Lesson 3: Mother Nature's Laws . . . . .	7
<i>What you can expect from your emotions – and what you can't.</i>	
Mother Nature's Laws of Anxiety . . . . .	7
Inventory of My Life's Painful Events . . . . .	8
Lesson 4: Muscle Relaxation. . . . .	10
<i>Facts to Remember and Tasks to Perform</i>	
Relaxation Facts to Remember . . . . .	10
Relaxation Tasks To Perform . . . . .	11
Lesson 5: The Anatomy of an Airliner . . . . .	12
<i>Your knowledge of an airplane directly affects your anxiety.</i>	
Lesson 6: Aerodynamics for Fearful Flyers . . . . .	17
<i>It's all about wind. Your knowledge of flight directly affects your anxiety.</i>	
Misperceptions of Flight . . . . .	18
Noises Associated with the Takeoff. . . . .	25
Lesson 7: Couch Time! . . . . .	38
<i>Learning to understand the sources of anxiety that contribute to your fear of flying.</i>	
Separation Reactions . . . . .	39
Grief Reactions . . . . .	40
Guilt Reactions . . . . .	41
Magical Thinking and Fear of the Supernatural . . . . .	43
Tasks to Help Reduce Magical Thinking . . . . .	45
Post-Traumatic Disorders . . . . .	46
Interpersonal Control Problems: Who's Controlling Whom? . . . . .	49
Self-Control Problems. . . . .	49
Problems in Relationships with Authority Figures . . . . .	50
Over-Protection Reactions . . . . .	54
Anxiety From Too Much Responsibility . . . . .	55
Distortion of the Self-Image . . . . .	56
Balancing Responsibility and Pleasure. . . . .	57

Examples of Real People Who Have Won Real Insights . . . . .	60
Other Phobias . . . . .	62
<b>Lesson 8: Turbulence . . . . .</b>	<b>63</b>
<i>Bumpy air happens. You can cope with it.</i>	
Recommendations for Anxiety Management in Turbulence . . . . .	69
<b>Lesson 9: Anxiety Medications, Alcohol, and Hypnosis. . . . .</b>	<b>70</b>
<i>Alcohol, medication, and hypnosis sound like a quick answer. Do they work?</i>	
Recommendations for Alcohol, Medications, and Hypnosis . . . . .	75
<b>Lesson 10: Fear and Anger . . . . .</b>	<b>76</b>
<i>What do fear and anger have to do with fear of flying? A lot!</i>	
Functional Memory . . . . .	78
<b>Lesson 11: The Flight Deck . . . . .</b>	<b>83</b>
<i>That's not just a bunch of confusing dials and switches up there.</i>	
The Four Categories of Flight Deck Equipment . . . . .	84
Flight Control: Instruments for Flying the Airplane . . . . .	84
Instruments for Navigation . . . . .	87
Communication Devices . . . . .	88
Aircraft Status Instruments . . . . .	89
<b>Lesson 12: Flight Safety . . . . .</b>	<b>90</b>
<i>Knowledge of risk is the only way to make informed choices.</i>	
Standards for Pilots. . . . .	92
Standards for Airplanes. . . . .	94
Standards for Airports . . . . .	96
Standards for Airspace . . . . .	97
Aircraft and Pilot Sophistication . . . . .	98
Safety of Flight: Statistics & Illusions . . . . .	99
<b>Lesson 13: Making an Informed Choice . . . . .</b>	<b>102</b>
<i>Learn to cope with the thoughts of 'What If...'</i>	
Learning . . . . .	105
Doing. . . . .	105
Consequences . . . . .	105
Writing Your Epitath. . . . .	106
<b>Lesson 14: Closing Thoughts . . . . .</b>	<b>108</b>
<i>Postcards from Former Fearful Flyers, and Best Wishes</i>	
Overall Consequences of Therapeutic Learning. . . . .	109
<b>Appendix A: Program Evaluation. . . . .</b>	<b>111</b>
<b>Appendix B: Post Traumatic Stress Syndrome . . . . .</b>	<b>113</b>
<b>Index . . . . .</b>	<b>115</b>