

Fear of Travelling

You must do the things you think you cannot do.

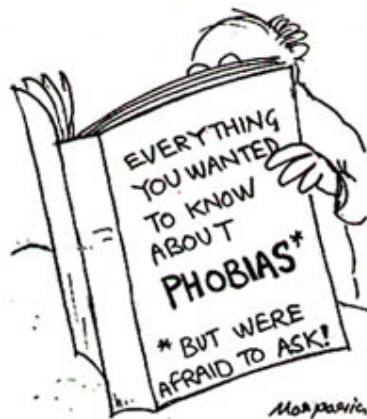
Eleanor Roosevelt.



For many people the idea of taking a holiday is hindered by the mere thought of travelling. The anxiety the individual associates to the idea or the reality of travelling is automatic and real. This condition is a phobic condition and anyone not affected by a fear of e.g. flying, will find it hard to understand, even bizarre or crazy how someone else's reality can be so completely absorbed and affected.

It is estimated that 10% of the population have intense anxiety and or a phobia.

So it is not a rare thing to have a phobia and not something to be ashamed of. Sometimes people don't even describe their condition as a phobia. They simply say they have anxiety about a particular situation or thing. My fiancée has a phobia of bees but he say's, "I just don't like bees".



Aerophobia or **Aviatophobia** is the name given to the **fear of flying**. Individuals with Aerophobia have not just a concern about the everyday safety of the plane or flight but rather severe anxiety. This can include symptoms such as shortness of breath, sweating, irregular heartbeat, nausea and more.

The Ways We Avoid our Fears

I had a client who came to see me with a flying phobia. He had taken a job eight months earlier which specifically highlighted it involved a lot of international travel. I concluded that my client must have developed the phobia during a recent trip but soon discovered that he went into the job knowing he had a flying phobia.

When I asked him why he took the job, he said that he had always wanted to see different parts of the world and he thought if he had to travel for work, then he would be forced to overcome his fear of flying.

Here he was eight months into the role and he had such a strong aversion to flying that he had become so elaborate in his excuses to avoid the flights, it was getting out of hand. He began to feel incredibly dishonest with his employer. It distressed him that he was cheating the others in his team as well as himself. His feeling was disturbing enough to bring him into my office to face this fear.

This story is here to illustrate that people will go to any length to avoid situation or events that will bring them in contact with their phobia.

*And yes for your information my client now fly's on numerous trips a month.

A Phobia Is Not a Choice

The automatic response that the phobia triggers can be an experience so uncomfortable and unpleasant sufferers prefer to stay grounded and not go on that exciting or exotic holiday or take that important business trip.

People who have phobias will often say that they know the phobia is silly. You may hear them comment that they know they should not be afraid but the unconscious processing that goes on in their bodies takes over. This is what a phobia is. The body's natural fight or flight response is taking action during a phobia situation. The very same response that helps any of us handle dangerous situations.

With a phobia the same response that keeps us alert to dangers, fires in the face of the stimulus that is associated with triggering the phobic response. Faster than we can consciously respond our unconscious processing has registered the danger (usually visual or auditory) and our nervous system jumps into action causing the normal responses associated with a dangerous situation i.e. accelerated hear rate, sweating, instant response, heightened awareness etc.

With a phobia the individual is registering the danger at an unconscious level and the body responds accordingly. This explains why consciously the person can say that they know it is silly but not be able to control the response with rational thought. The subconscious is working ahead of the conscious mind processing as should always happen in a potentially dangerous situation.

So what can you do if you have a travel phobia?



There are many ways to overcome phobias altogether. There is a lot of press and writing about relaxation techniques. These can be valuable but the better way is to look to work with the unconscious (subconscious) mind where the response is firing.

By working in the area that the fight or flight response comes from, you can break down that response and help the client introduce a new response such as greater comfort in the face of the stimulus. Hypnosis (given it works at the subconscious level in the mind) works very well with phobias.

For the person with the phobia all they need to do in the treatment is know how they would rather feel than how they feel now in their phobia situation.

Where do phobias come from?

Phobia's most commonly stem from a specific emotional event in the client's history. Sometimes the client will not even be aware of the event or maybe have never connected a particular event with their phobia. At that time their mind connected the intense

feeling of e.g. fear to the visual or auditory trigger and from that point on, the trigger and the automatic fear response are glued together in the individual's neurology. This means every time the person sees or hears that trigger the fear response will fire internally, outside of their conscious awareness.

A phobia once created often generalises outwards into other areas of someone's life. For example if James started out with a fear of flying, then over time it would not be surprising if he also preferred not to go on trains, roller coasters and maybe even buses. The mind is an amazing thing and will always seek to look after us by helping us stay out of situations which it thinks may cause us to be uncomfortable or feel in danger.

For anyone with a phobia it is good to know that a skilled coach will be able to help you to explore these areas and change the root cause of the phobia changing your response forever.

There are many types of phobias out there and some are very obscure and

also interesting (see the table below for some different types of phobias).

Interestingly if you are **hippotomonstrosesquippedaliophobic** you have a fear of long words. Ironic huh!



Martine Snow
Performance Coach
Become Coaching

Sample of phobias out there- Taken from the BBC website with thanks.

Ablutophobia - Fear of washing or bathing
Acousticophobia - Fear of noise
Acrophobia - Fear of heights (also known as Altophobia)
Aeroacrophobia - Fear of open, high places
Aeronausiphobia - Fear of airplanes; vomiting due to airsickness
Barophobia - Fear of gravity
Helminthophobia - Fear of worms
Hemophobia - Fear of blood (also known as Hematophobia)
Herpetophobia - Fear of reptiles
Glossophobia - Fear of speaking in public
Ergasophobia - Fear of work
Cybergphobia - Fear of computers
Basophobia - Fear of standing (also known as Stasiphobia)
Bathophobia - Fear of depth Aerophagia - Fear of swallowing air
Batophobia - Fear of being close to high buildings
Brontophobia - Fear of thunder and lightning Aichmophobia - Fear of needles and pins (also known as Belonophobia)
Apiphobia - Fear of bees
Arachibutyrophobia - Fear of getting peanut butter stuck to the roof of your mouth
Methyphobia - Fear of alcohol
Metrophobia - Fear of poetry
Mnemophobia - Fear of memories
Molysomophobia - Fear of infection
Monophobia - Fear of being alone
Motorphobia - Fear of motor vehicles
Murophobia - Fear of mice
Musicophobia - Fear of music
Myrecophobia - Fear of ants
Necrophobia - Fear of corpses
Nephophobia - Fear of clouds



Noctiphobia - Fear of night
Nosocomophobia - Fear of hospitals
Nosophobia - Fear of becoming ill
Novercaphobia - Fear of stepmothers
Odontophobia - Fear of teeth, especially animal teeth
Oenophobia - Fear of wine
Olfactophobia - Fear of smells
Ombrophobia - Fear of rain
Ommatophobia - Fear of eyes
Oneirophobia - Fear of dreams
Onomatophobia - Fear of a certain word or name
Onranophobia - Fear of heaven
Ophidiophobia - Fear of snakes
Ophthalmophobia - Fear of being stared at
Phobophobia - Fear of fear
Phonophobia - Fear of noise
Photophobia - Fear of light
Phronemophobia - Fear of thinking

