



Coaching Fear Bust Tip Sheet for the fear of flying

How to Get Rid of your Fear of Flying before and during the flight!



S.P.I.R.A.L.™ Cheatsheet

Thank you for sending your worksheet by email after filling in the blanks.

Here are some tips and questions which can help you improve your performance when using the NLP tool through my video and worksheet.

Quick NLP exercise:

1. Where in your body do you feel stuck ?
2. Describe the feeling (what, where, frequency, motion, intensity, how it physically FEELS). Write it down using your imagination.
3. What do you think that feeling is trying to tell you?
4. What do you think that feeling might be trying to protect you from?
5. How can you honour the intention behind _____ (the fear of flying) AND still move forwards?

BREAK THE RULES (Rules are often just limiting beliefs!):

1. So, what rule/s or beliefs around your fear of flying would you be breaking if you did _____ ?
2. Thinking back for a moment, where do you think that belief might have come from?
3. Who do you think may have given that belief to you?
4. What do you think was the original purpose behind the belief?
5. How does that rule/ belief apply now?
6. If the rule doesn't apply any more: So, what are you going to do with this new information?
7. If the rule still applies: How can we update the rule so that it's more flexible and you can still achieve the _____ you want?
8. After you finished the exercises and the heat of your negative emotions lowered down to "1", ask yourself this question.

9. If you secretly knew the answer on how to get “unstuck” from this situation, what would it be?

In the next email you will receive a helpful video where I take you by the hand and I explain step by step how to get rid of your fear!

You can email your pdf and your comments here and I will be very happy to answer back.