

Example:

Work It Through: **Fear of Flying**



"I am supposed to go on an exciting vacation to a destination I would love to see. BUT, I'm terrified of flying and just can't imagine getting on that plane."

1. What is within your control? What is not within your control?
2. What is the worst that could happen?
3. What is the probability of that actually happening? (High, Medium, Low)
4. If the worst happens, what will you do?
5. What will probably happen?
6. Explain in a positive way, how the situation should probably be handled and what the thoughts should be:
7. Once you have your plan in place, decide on the best calming strategies to use.

1. *The actual flight is out of my control. How I react to flying is within my control*
2. *The worst that could happen is the plane could crash and I could die.*
3. *The odds of dying in a plane crash are very low, about 1 in 11 million. (Harvard study) Therefore the odds of dying in a plane crash is very, very low.*
4. *The worst that can happen is completely out of my control. I'll use mediation, distraction and relaxation strategies to remain as calm as I can be.*
5. *I will probably reach my destination and wonder why I got so worked up.*
6. *I need to determine what my best distraction strategies are, how I will remain calm, anticipate turbulence and work through it with my strategies and talk to the flight attendant.*
7. *My best calming strategies are to listen to instrumental music and read or play a puzzle game on my phone. I need to remind myself to relax every part of my body, deep breathe and sometimes count backwards.*