

## **How to defeat flying fear and anxiety or other event panic**

I am sure friends and others may have given you tips like “live in the moment” or “take things one day at a time.” I am not going to tell you that is bad advice, because on its face it is something we can all improve on. These are good skills and anxiety sufferers do need to work on them, but I would like to take you in a different direction. I would say it is even more important to not plant the seeds of anxiety.

What that means is perhaps you have flying anxiety or just worry when you travel. Really this applies to any upcoming event that you fear. If you expect to have anxiety, you will have it. If you are planning for it to happen, it will happen. You have probably had panic or bad anxiety in the past, so you have just assumed it will happen again. The seeds are planted and growing on fertile ground. When the day arrives, it will occur. So what can you or should you do differently?

First off you have to change your mentality prior to the event. That is easy to say and takes time to do, but it is possible to do it. You have to change the mental image you have when somebody mentions your trip or you think about the event. If your stomach tightens up and you immediately envision yourself in complete hell, then you are sowing the seeds of anxiety.

There are a few things that can override those thoughts. For this discussion I will focus on excitement! Excitement will take you places. Excitement gets you to talk to that girl. Excitement gets you to work hard to save for that trip. Excitement can also put you in a better frame of mind to nullify and greatly reduce anxiety. Here is how it works.

Let's take the flying example. You need to turn that negative self talk into excitement. This will not happen on its own. You have to deliberately put excitement into the picture. For example. If you are going on a vacation, let's get excited about where we are going and what we are doing. Maybe you are going to a wedding. Maybe you will see many old friends. Does that excite you? If not, then maybe you need to go in another direction.

Have you been waiting to start reading that new book or watch the movies you put on your electronic device? If so, let's try to save that for the airplane. Put some exciting and enjoyable things on the plane with you. Maybe you can get a friend or family member to go with you whose company you really enjoy. The list doesn't stop here, so maybe there are others that apply to your situation.

What if you can't really get excited about any of that? OK. What about a reward? You have been working hard and really want to get this anxiety behind you. What about giving yourself a reward for taking the trip. You know what you like and you know what you want, so is there anything that fits the bill? What about your spouse or significant other. Could they give you a reward to get you excited and help you get through this? This reward should be done after the event ideally to keep you focused on the prize.

The point is, you need to replace the fear you have with something you are really looking forward to. You will know this is working when you now think of your upcoming event, you now think of the reward like the night out with your husband, or whatever you have worked out. You want it to really be something good. Not like your husband will do the dishes for a couple days, or your son will clean up his room. Try to be a little more inspired! You want to be excited about it!

So, now that you have something good in your future, you have something to change your attitude prior as well as give you something to imagine and think about while you are on that plane or at that meeting.

This can be done for just about anything in life. Certainly not all events you hate doing require a fancy and expensive reward, or a giant effort from your spouse, but you can help to change the mood prior to getting there. Set the reward or the thing you are anticipating commensurate with the size of the situation. For getting your teeth cleaned, how about a few hours away from the kids, a movie, an ice cream cone, or a day off from your usual chores. Everybody is different, so get creative to make it fit your situation. The future should not be dreaded nor should it be feared. It should be looked forward to with excitement!

Learn more about this technique and numerous others in the new book "Fear Almost Ruined Me. How I Overcame Fear and Panic to Regain My Life." Get a copy at [livingconfident.com](http://livingconfident.com).