

# Travel with confidence

Some people feel unable to go anywhere because they are frightened of travelling, be it driving, flying, or going by boat. This sometimes inhibits their whole family from enjoying themselves – year after year.

Yet fear of travel is an illogical fear. Certainly, planes crash occasionally – as witnessed recently with the appalling Air France disaster. And when they do it is headline news so everyone knows about it.

Statistically, however, flying is far safer than driving, which is one of the most dangerous forms of travel. Depending on whether rural roads or cities are being considered also the length of the trip, flying is between 60 and several hundred times safer than driving.

Notwithstanding this – people feel more in control of their destiny in a car – even as a passenger – than they do as a passenger in a plane. Because fear is an emotion rather than being based on logic, statistics alone are not enough to help the average fearful traveller. The mind needs to get the message at a deeper level.

I have seen many people with travel fears over the years and virtually every one has been able to travel confidently after a series of sessions – typically about 3, involving hypnotherapy and related approaches.

- People find that rather than being fearful they feel calm.
- Rather than imagining all sorts of disasters that might befall the plane, they think about the holiday they are about to have and all the pleasant things they are going to do
- When they hear the sound of the flaps being altered or the wheels descending, they know that this is normal and are able to ignore it
- They are able to enjoy reading a book, watching a film, or chatting to other people.

Having a session of hypnotherapy is a relaxing, natural, safe and enjoyable experience. People learn at a deep level how to access feelings of calmness and confidence so they can use them when they need to.

This means they can enjoy planning their holidays sure in the knowledge that they will be able to make the journey. And their families will be pleased too.