

Forum:[Hack Forums](#)

Thread: [Fear in Flight / Do i need a pill ?](#)

kookur - January 24, 2022, 7:46 pm

I don't travel much with plane because i choose my car over it because it enables me to visit all the places without paying huge money to cabs, this time after very long time i went to another city which is almost 650 kms apart and was a 1 hour journey by an Aeroplane.

I don't know but when the plane was about to take off, i almost passed out frightened as hell like what if i suffer a heart attack how are they gonna treat me at 38000 feet above in the air! I know about emergency landing but my panic attack was killing me and i was just waiting for the plane to land so my anxiety can be relieved!

I was wondering if this happened to me in a one hour flight, what would happen if i'm travelling to long distances like to another country, how will i survive ? I already suffer from variety of mental problems so should i contact my psychiatrist and get some pill prescribed because i'm definitely going to sit on a plane again because i can't really spend my life without travelling to new places and it's not always possible to travel from Car you know.

I feel same anxiety in train too, idk what to do literally!! My doc prescribed clonazepam to deal with short term anxiety but i wanna sit on a plane again and don't wanna go through same shit again, the fear of dying was insane.

Sportsbetting - January 24, 2022, 7:57 pm

Hi mate,

I am a certified CASA private pilot with around 350 hours under my belt, and although you may never fight the fear, there are ways to decrease the anxiety when boarding a flight, taking off/landing etc.

The humans at the front of your flight deck have 20,000+ hours combined between them at the very least. They have flown every corner of this globe, and I assure you are adamant in reaching you safely to your destination. Step onto the aircraft with knowledge. Who's flying it? What type of aircraft is it? What is the max speed max cruising altitude? What speed will you be taking off at? What speed will you be landing at for your specific aircraft?

Having a basic understanding of these elements and variables will allow for a more efficient trip (especially for your mind), because you know exactly what is happening. Acknowledge what triggers you and force the system 2 part of your brain to take over. You've got this.

Seperating fear from danger is crucial. Most of the times when there are even critical emergencies aboard the flight, I can assure you not a single passenger would even be made aware. The pilots are very experienced, and put through rigorous hours worth of theory and practical training, continuous simulation flights, proficiency flights, type-rating renewals, MECIR renewals, ATPL's, the list goes on.

Talk to your flight attendants. They are always available to assist you, and are trained in the instances of having fearful flyers joining them aboard. Turbulence is also nothing more than choppy wind currents causing the aircraft to wobble.

Flying is statistically safer than driving.

Hope i've been able to help even in the slightest.

kookur - January 24, 2022, 8:12 pm

(Jan 24, 2022 08:57 PM)SIM-4059702 Wrote: [\[CITE\]](#) Hi mate,

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I just get scared as hell, i know flying is the safest means of travel but my mind creates the situation of panic.

Sportsbetting - January 24, 2022, 8:16 pm

(Jan 24, 2022 09:12 PM)kookur Wrote: [\[CITE\]](#) I just get scared as hell, i know flying is the safest means of travel but my mind creates the situation of panic.

Maybe I can ease your panic, by letting you know that whether you fly, drive, go on the train, walk, no matter what means of transportation you ever take on this planet, we are ALL going to die.

So live your life. Remove the panic. If you want to go experience a new country, city, etc go do it while you still are breathing this air.

We are all on a timer. Do you really want to lose precious seconds, minutes, hours, days, weeks, months and years being afraid of what 'might' happen?

Truth - January 24, 2022, 8:24 pm

Bro, I don't mean offense when I say this, most fear is delusion, What you need to do to destroy any irrational fear is to push it to the max. Whatever you think is the worse thing, do it with your eyes

wide open and try to even make it even "worse" than you imagine, do whatever fear you have to the max.

Once you do this, you will realize the Truth. You will realize wait, this fear wasn't even real. All that is left is the beautiful Truth. The fear wasn't real.

If you are afraid of flying, Go pick the worse seat you know, sit by the window open, exit door, front seat, whatever, open your eyes wide, no headphones, hear everything. What you will see, is the Truth, just a normal safe flight. No reason to fear at all, the more you do it, the more you realize the truth.

I did this to get over my fear of the dark when I was a kid, I sat alone in the dark, said all crazy "bloody mary" voodoo witch craft crap, waiting for monster to appear lol there was never any monster of course. I tried everything and all that happen was the Truth. Just because its dark, doesn't mean physics doesn't work, no monster or something can just appear.

Even as a kid I was afraid of roller coasters, Then I acted like those crazy people, lift my arms in the air, never hold anything, took the front seat lol did everything I "feared" to the max, again, all that was left was the Truth. I was completely safe and actually it was fun until I kept doing it then it actually got boring.

Love the Truth, See the Truth, Speak the Truth. The Truth will set you free of everything, including any fears.

kookur - January 24, 2022, 8:35 pm

(Jan 24, 2022 09:24 PM)Truth Wrote: [\[CITE\]](#) Bro, I don't mean offense when I say this, most fear is delusion, What you need to do to destroy any irrational fear is to push it to the max. Whatever you think is the worse thing, do it with your eyes wide open and try to even make it even "worse" than you imagine, do whatever fear you have to the max.

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Do you think people die from fear ?

This scares me the most :

"The answer: yes, humans can be scared to death. In fact, any strong emotional reaction can trigger fatal amounts of a chemical, such as adrenaline, in the body. It happens very rarely, but it can happen to anyone."

Sportsbetting - January 24, 2022, 8:42 pm

(Jan 24, 2022 09:24 PM)Truth Wrote: [\[CITE\]](#) Bro, I don't mean offense when I say this, most fear is delusion, What you need to do to destroy any irrational fear is to push it to the max. Whatever you think is the worse thing, do it with your eyes wide open and try to even make it even "worse" than you imagine, do whatever fear you have to the max.

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I fuck with this guy.

Recon72 - January 24, 2022, 8:45 pm

I think you can find comfort in two facts: you're not alone in this (irrational) phobia AND that there's millions of people using public transit every year that have no negative experiences.

I'd genuinely recommend seeing a therapist if this issue persists, particularly if you suffer from any trauma related to travelling/vehicles.

There is hope for you and I respect you for being brave and searching for help.

Truth - January 24, 2022, 8:48 pm

(Jan 24, 2022 09:35 PM)kookur Wrote: [\[CITE\]](#) Do you think people die from fear ?

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"The answer: yes, humans can be scared to death. In fact, any strong emotional reaction can trigger fatal amounts of a chemical, such as adrenaline, in the body. It happens very rarely, but it can happen to anyone."

lol man, that will never happen, that is against evolution, the body is designed to handle it all.

Why even fear death? you know what is even more scary, Never living.

Don't let any fear prevent you from living the one and only life you have man, time is short. LIVE FULLY, DIE WITH ZERO