

# THE FEAR OF FLYING

Read the text below and match the highlighted words with their meanings below:

No matter why you are afraid of flying, there are some steps you can take to help overcome your fears.



## BEFORE THE TRIP

**1. Know what to expect.** For many fearful fliers, learning the basics of how airplanes work can help overcome their **anxiety**. You should understand how planes stay in the air, what causes **turbulence**, and what are those scary sounds during **take off** and landing.

**2. Familiarize yourself with your plane.** Getting to know what your plane looks like can make it seem a little less scary. You can put a picture of the plane's **cabin** on your computer desktop. Look at airplane pictures as often as possible. You should also take trips to the **airport** to see how often planes take off and land with no problems

**3. Choose an aisle seat.** In most airlines and booking services you can book an aisle seat, especially if you have claustrophobia.

**4. Don't watch crashes.** Avoid plane disaster movies, news of plane crashes or other scary media images. Remember that most flights **arrive** safely.

## AT THE AIRPORT

**1. Don't rush.** Arrive at the airport long before your **flight** is scheduled to **depart**. Rushing to the gate and worrying about missing your plane is not a good idea.

**2. Try to relax.** There are private airport lounges that are quiet and luxurious. Relax there away from the airport noise. The lounges are usually reserved for club members or elite fliers, but you can often buy a day pass for \$40 to \$50.

## ON THE PLANE

**1. Meet the crew.** You should ask to meet the pilot of your plane, or spend some time chatting with a **flight attendant**. Often, meeting the people who are responsible for your safety, can make plane a friendlier place.

**2. Tune in.** Bring your iPod and play music you like to help get you into a peaceful state of mind.

**3. Breathe.** As your fear increases, you may have breathing problems. Deep breathing is an instant stress reliever. Breathe slowly and deeply.

**4. Read something fun.** Take a magazine or a good book to take your mind off what's happening.

**5. Have a drink.** Many frightened fliers drink alcohol to calm their nerves. This is fine in moderation, but remember that you mustn't combine alcohol with anti-anxiety medicine.

1. To get to a place, especially at the end of a journey - \_\_\_\_\_
2. All the people working on a ship, plane etc. - \_\_\_\_\_
3. To leave the ground and begin to fly - \_\_\_\_\_
4. The state of feeling nervous or worried - \_\_\_\_\_
5. A situation in which you are in a hurry - \_\_\_\_\_
6. A place where planes land and take off - \_\_\_\_\_
7. A series of sudden and violent changes in the direction that air is moving - \_\_\_\_\_
8. To leave a place, to start a trip - \_\_\_\_\_
9. The area in a plane for passengers to sit in - \_\_\_\_\_
10. A seat next to a passage between rows of seats - \_\_\_\_\_
11. A journey made by air, especially in a plane - \_\_\_\_\_
12. A person who serves and takes care of passengers on a plane - \_\_\_\_\_