















Fear of flying training plan

4-week programme

Recommended: 3-4x per week for 15-20 minutes each

Aim: Long-term desensitisation, deepening of knowledge, routine development.

Week contents & recommendations:

WEEK 1	WEEK 2	WEEK 3	WEEK 4
 FEAR OF FLYING MODULE: 01 Chapter 1 to 8	 FLIGHT PHASES MODULE: 04 02:57 Min. Flight phase 1 to 20	 GOOD TO KNOW MODULE: 05 04:09 Min. Chapter 1 to 12	 THE MINDFLIGHT MODULE: 03 12:48 Min. Against fear of flying
 NO-PANIC MODULE: 02 00:58 Min. Coherent breathing	 FLIGHT PHASE QUIZ MODULE: 06.1	 GOOD TO KNOW-QUIZ MODULE: 06.2	 MINDFUL TRAVEL MODULE: 08 05:39 Min.
 NO-PANIC MODULE: 02 02:48 Min. The instructions	 NO-PANIC MODULE: 02 00:58 Min. Coherent breathing	 MINDFUL TRAVEL MODULE: 08 05:39 Min.	 MEDITATION MODULE: 07 06:22 Min.
 NO-PANIC MODULE: 02 09:00 Min. The rhythm	 NO-PANIC MODULE: 02 02:48 Min. The instructions	 MEDITATION MODULE: 07 06:22 Min.	 ASK THE PILOT Your digital co-pilot answers all questions immediately
 THE MINDFLIGHT MODULE: 03 12:48 Min. Against fear of flying	 NO-PANIC MODULE: 02 09:00 Min. The rhythm		
Build routine and emotional awareness. Repeat key insights, practice breathing, and begin mental exposure.	Understand the flight process in detail. Reduce fear through familiarity with phases, sounds, and procedures.	Strengthen safety perception. Rationalize fear through facts and deepen relaxation techniques.	Simulate the full flight experience. Prepare calmly, travel mindfully, and confront individual fears directly.

Optional long-term training (after 4 weeks)

Before every flight:

- Stress-Free Flight Preparation
- 3 min coherent breathing
- Listen to head flight
- Meditation 'body flight'
- Ask pilot questions individually



How to prepare for your flight calmly and confidently

1x per week:

- Module 04 or 05 as a refresher
- Quiz for repetition

