

Making the most of your fears

Ben Seymour



Fear of flying: Fear of crashing, which most likely results in death, is the most common reason for the fear of flying.

https://en.wikipedia.org/wiki/Fear_of_flying

Logically - I know it's all good

Physics

quite good understanding of what's going on

Statistically

driving to the airport is probably more dangerous than the flight

Engineering

built way beyond reasonable tolerances

Pilots

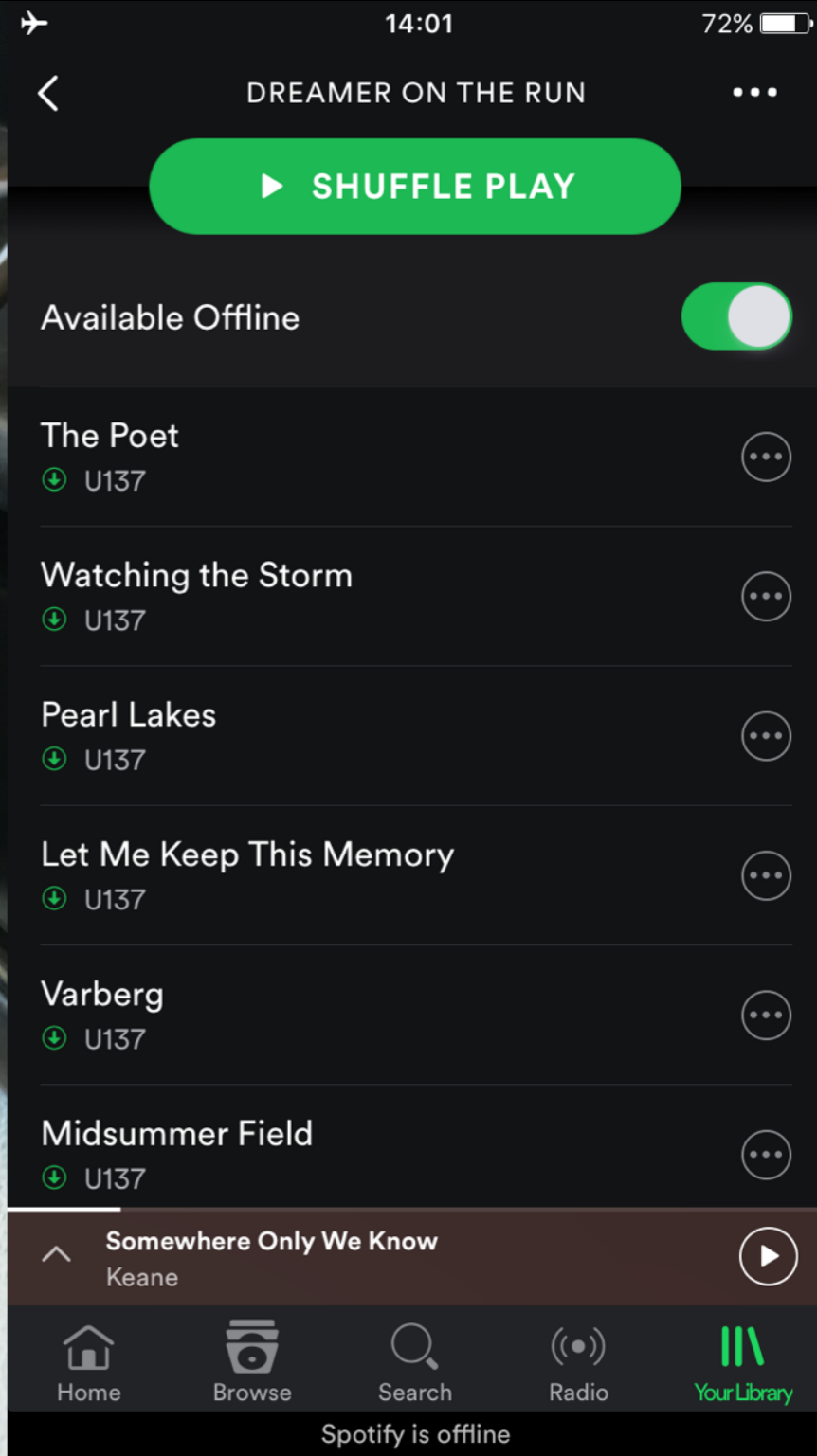
routine performance evaluation

My animal brain however,
is irrational, and quietly terrified.



The image shows the interior of an airplane cabin during a flight. The lighting is dim, with a prominent blue ambient glow emanating from recessed ceiling panels. The seats are arranged in rows, and passengers are visible from behind. The perspective is from the back of the cabin looking forward. The text "Buckle up. We're going for a ride." is overlaid in white serif font at the bottom center.

Buckle up.
We're going for a ride.



However, mortal fear can be a
brilliant catalyst for...

... a life audit



I update Evernotes...
shared with my wife...
which I sync before taxiing.

... don't even ask about our trello board.

The benefits of a fear of flying

- Life review.
- what would I regret
- my ^{most recent} tweet / FB update
- what if it was my last... ~~was~~
- is it what I'd want

Happiness - is ^{reality} ~~knowing~~ that your only regret would not be being around to see more of the story unfold.

Logically, statistically I know flying

However.

Some part of me
my chimpanzee
ape
is pretty bloody scared
this is

And of course my family
Diaries
Family album

And so - I distract myself
- writing
- hyperlapses...
- movie-in-flight.



And set my perspective

- Literal: the view is amazing
- What if one day the majority stopped...
- Flights are guarded...
at a time for the



PILOT BL-G2-7-B

One suggestion is that a fear of flying
relates to a lack of control

The only thing you
can really control is



your perspective.







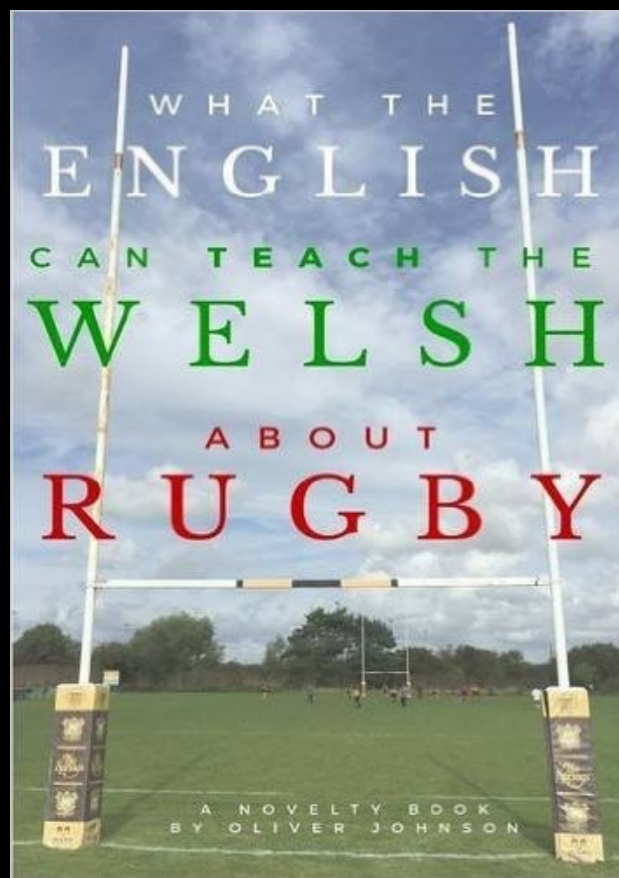


97%

of what we
worry about

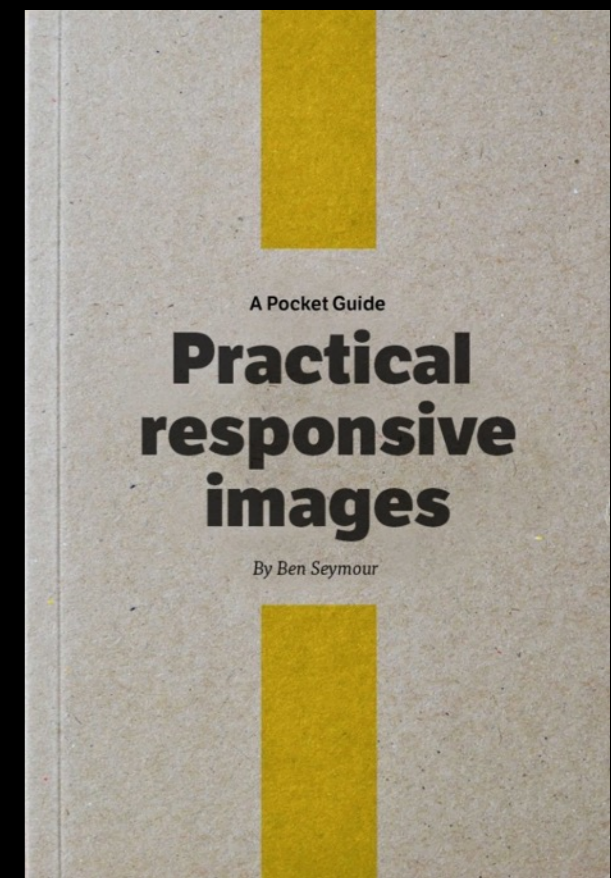
.... never happens

What other fears were potentially holding me back?



Writing - for me
Talking - for me

“Find My Voice”



What other fears were potentially
holding me back?

Fear Of Missing Out
(Twitter, email, new shiny things)

“Liberate Myself”

*At no point did I find myself wishing I'd
spent more time on Twitter...*

Time

Attention

Energy

Give yourself the freedom
to do your best work,
to be your better you.

$5:2 \rightarrow 3:4$

What other fears were potentially
holding me back?

Fear of not being as good as I want to be.

...

Where might your fears take you?

@bseymour