



# 5-Minute In-Flight Emergency Toolkit:

Includes Self-Regulation &  
EFT Tapping Script

Bridget Edwards ~ EFT Tapping Practitioner

# Hello! & WELCOME

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# WELCOME & INTRODUCTION

Welcome, and congratulations on taking this powerful step!

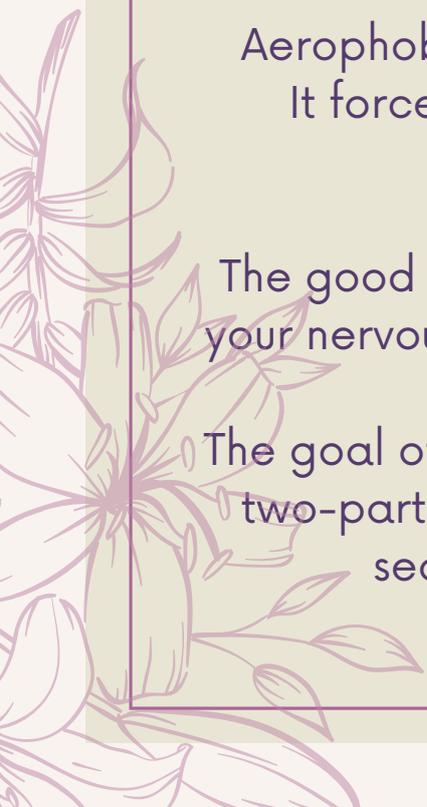
If you are reading this, you are likely one of the millions of capable, successful people whose lives, careers, and holidays are being limited by the irrational grip of aerophobia.

That feeling - the tightening in your chest, the racing mind, the sheer panic - is real, but it doesn't have to control you.

Aerophobia is profoundly career and lifestyle limiting. It forces you to say "no" to promotions, miss family milestones, and live with regret.

The good news is that you possess the power to regulate your nervous system, and I have the tools to show you how.

The goal of this free guide is simple: To give you a proven, two-part system that you can deploy right now, in your seat, to stop anxiety from spiraling into a full-blown panic attack.





## ABOUT ME

### About the Author: 18 Years of EFT Tapping Expertise

Hello and welcome, I'm Bridget Edwards.

I've been an EFT Tapping Practitioner since 2007, and specialized in the rapid and lasting resolution of anxiety, fears and phobias, stress management, trauma and PTSD.

My focus is helping high-functioning individuals like you move beyond coping mechanisms to achieve true Root Cause Phobia Clearance.

I believe anxiety, fear, trauma etc doesn't need to be managed; it needs to be neutralized. My clients consistently achieve rapid and long-lasting, if not, permanent results - that's the real power of EFT Tapping.

Please Note: See the full disclaimer at the end of this guide. This toolkit is for self-help education and does not replace professional medical or mental health advice.



# EFT TAPPING EXPLAINED

## What is EFT Tapping, and How Does it Work?

EFT (Emotional Freedom Technique), or simply known as "Tapping," is a somatic and therapeutic modality that combines ancient Chinese acupuncture points with modern psychology.

Instead of focusing solely on the mind, EFT targets the body's energy pathways, also known as meridians. Much like acupuncture, but without those pesky needles.

## Why it Works: The Amygdala Connection

Anxiety, panic and fear are controlled by the Amygdala, the brain's alarm center. When you tap on specific points on your face and upper body while focusing on the fearful feelings, you send a direct calming signal to the Amygdala.

This signal lowers the stress hormone cortisol and neutralizes the emotional charge tied to a fearful memory, or perceived future fears. EFT doesn't erase the memory of a bad flight; it simply removes the fearful emotions associated with it. The result is you feel calm, relaxed and at ease.





# Part 1 - Self-Regulation: Nasal Breathing & Collarbone Tapping



# SELF-REGULATION

## NASAL BREATHING & COLLARBONE TAPPING

When you feel anxious, fearful or the onset of a panic attack, your primary goal is self-regulation - signaling safety to your nervous system. This 3-minute technique is your immediate antidote.

### 1. The Conscious Nasal Breathing Technique

The key to calming down is simple: breathe in through your nose, and out through your nose - gently and slowly.

**Why Nasal Breathing Works:** Mouth breathing stimulates the survival response, accelerating the fight-flight-freeze panic cycle. Nasal breathing is the antidote; it provides an important signal to the brain that you are safe, helping to calm the nervous system naturally.

### The 6-2-8 Protocol (Approx. 2-3 Minutes):

- 1. Inhale (Nose):** Breathe gently through your nose, counting slowly to six. (If six feels too much, start with four or five.)
- 2. Hold:** Hold your breath gently for a count of two to three seconds.
- 3. Exhale (Nose):** Release the breath slowly and completely through your nose, counting slowly to eight. The slightly longer out-breath stimulates the Vagus nerve.
- 4. Repeat:** Repeat this conscious breathing for at least 2-3 minutes. (Avoid deep inhales as that can cause dizziness.)



## 2. The Collarbone Tapping Bridge

Once you've done 2-3 minutes of nasal breathing, gently begin tapping on the Collarbone point with the fingertips of either one or both hands (as demonstrated in the image above.)

- Tapping the collarbone is an automatic, natural human reflex to shock or anxiety. Perhaps you've already done this unconsciously in the past? Now you're doing this intentionally.
- By tapping this point consciously, you reinforce the calm you achieved through breathing, bridging the gap between simple relaxation, and a focused fear reset.



# Part 2 - Fear Reset: Your 3-Minute EFT Tapping Script





# FEAR RESET

## YOUR EFT TAPPING POINTS

After using the breathing and collarbone tapping to stabilize, use the following EFT Tapping script to immediately begin neutralizing the remaining fear and anxiety.

### **These are the Tapping Points and How to Use Them:**

Gently and lightly tap each point with your fingertips, either one side, or both sides simultaneously.

- Eyebrow (EB): Inner edge of the eyebrow.
- Side of Eye (SE): On the bone right next to the eye.
- Under Eye (UE): On orbital bone beneath the eye.
- Under Nose (UN): Between the nose and upper lip.
- Chin (Ch): Center crease between the lower lip and chin.
- Collarbone (CB): Chest area, as described above.
- Under Arm (UA): About four inches below the armpit.
- Crown (Cr): Center top of the head.

**Tip:** Drink still water when tapping because EFT works with body's electromagnetic energy. Water is an electrolyte that conducts electricity, and aids natural energy flow. Drinking water is calming, grounding, assists with detoxing, and prevents headaches etc.





# FEAR RESET

## YOUR 3-MINUTE IN-SEAT RESCUE TAPPING SCRIPT

**Setup Phrase:** Repeat the following statement out loud (or under your breath in the plane) **THREE** times while tapping the Karate Chop point - the fleshy outside part of hand between wrist and baby finger:

"Even though I feel this panic and it feels like I'm losing control, I deeply and completely love and accept myself, and how I'm feeling."

**Tapping Round:** tap these points while saying the following out loud, or under your breath in the plane:

<b>Tapping Point</b>	<b>Phrase to Say (Focus on the feeling)</b>
Eyebrow:	This overwhelming panic.
Side of Eye:	All this fear in my body.
Under Eye:	I'm releasing this anxiety right now.
Under Nose:	This feeling of losing control.
Chin:	I choose to feel safe and calm.
Collarbone:	I am allowing my nervous system to rest.
Under Arm:	I am replacing this fear with peace.
Crown:	I am safe. I am safe in this moment.

**Repeat a few times** until you feel calmer. You may notice some sighing or yawning, which indicates the tapping is working.



# Part 3 - Proof & Pathway





## CELEBRITIES & ROYALTY WHO RELIED ON EFT TAPPING

If you still wonder if a simple tapping technique is powerful enough to clear a phobia, consider that some of the world's most high-profile and successful people - who have access to any medical treatment they desire - have turned to EFT Tapping to overcome aerophobia:

- To carry out her royal duties, **Queen Camilla** successfully used tapping techniques to manage severe flight anxiety.
- Actress and entertainer **Whoopi Goldberg** utilized tapping to permanently clear a debilitating phobia that had limited her travel for decades.
- **Michael Strahan** (NFL Star & TV Host) successfully used tapping to overcome his fear of flying. His public success normalizes the practice for men and traditional demographics.

EFT Tapping is not a fad; it's a globally accepted, and highly effective therapeutic process.



# YOUR NEXT STEP TO FLIGHT FREEDOM

You now have a powerful **5-Minute In-Flight Emergency Toolkit** for acute relief. But relief is not the same as freedom. If you want to move beyond coping and achieve lasting change, we have three clear pathways:

## Product Pathway & Who is this for?

### Flying With Confidence & Ease PDF (49 Page Relief Guide)

For general anxiety and aerophobia relief. This is a complete, self-guided system for pre-flight dread, in-flight calm and post-flight confidence. Tips, checklists and flying facts included.

### Customized Scripts

For specific, stubborn fears. We create four personalized scripts to neutralize your unique triggers (e.g., turbulence, landing noise, descent).

### 1:1 Coaching

For chronic, life-limiting aerophobia. Our permanent Root Cause Phobia Clearance for those who need personalized, expert intervention.

You have the power to stop letting aerophobia control your life.

All these products are available on our website:  
<https://overcomeflyingfears.com>





## Disclaimer and Assumption of Responsibility

**Please Note:** The techniques, scripts, and information provided in this 5-Minute In-Flight Emergency Toolkit (including EFT Tapping and conscious breathing) are intended for self-help, educational, and informational purposes only.

The contents of this guidebook are not intended to diagnose, treat, cure, or prevent any medical condition, and they do not substitute for professional medical, psychological, or psychiatric advice, diagnosis, or treatment.

**Contraindications:** The techniques shared in this guidebook should not be used if you are currently experiencing active psychosis (such as schizophrenia), severe clinical depression, epilepsy, or are heavily under the influence of alcohol, illicit drugs, or specific psychoactive medications.

**Your Responsibility:** By using the techniques shared in this free guide, you acknowledge and agree that you assume full responsibility for your own actions, behavior, emotions, and well-being.

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When in doubt, always consult your qualified healthcare practitioner.

