

Fear of Flying

A fear of flying, also known as aerophobia, is said to affect almost 10% of the (1)....., although some experts (2)..... it is much higher than this. Those suffering from this will often avoid flying completely, which has a negative effect on their quality of life. Those who face their fears can end (3)..... feeling seriously anxious before and during the flight.

There are generally two different causes. Some people worry about whether they will (4)..... silly in front of other passengers. The thought of being sick or losing control can be quite frightening. Some people fear the flight itself. The most (5)..... things people worry about are bad weather conditions, the possibility that the plane will develop a problem or even that the pilot will become ill. The most worrying time of all is often when (6)..... off and landing, points in the flight when most people will experience a little fear.

1 A population	B people	C crowd	D society
2 A choose	B make	C believe	D decide
3 A at	B in	C of	D up
4 A see	B work	C show	D look
5 A high	B common	C normal	D real
6 A taking	B going	C moving	D lifting