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most people who fear flying are claustrophobic or frightened of being locked in the plane and unable to choose when to get off a phobia is an intense fear that is out of proportion to the danger which is particularly relevant to fears of flying most flight phobics agree that flying is safe yet frightening

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fear of flying is a fear of being on an airplane or other flying vehicle such as a helicopter while in flight it is also referred to as flying anxiety flying phobia flight phobia aviophobia aerophobia or pteromerhanophobia although aerophobia also overcoming fear of flying tips medication and more healthline - Jul 22 2023

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