

Your Travel Anxiety Map



Discover where travel anxiety shows
up for you

Calm Sky Companion

Welcome to Your Travel Anxiety Map

Travel anxiety isn't always the fear of flying. 

Sometimes it begins long before you ever step onto a plane, train, or into a car.

It can show up while you're dreaming about travelling, when you're trying to make plans, during the journey itself, while you're away at your destination, or even once you've returned home.

You might know exactly what you're afraid of.

Or you might simply know that something about travel doesn't feel as easy as you wish it did.

Your Travel Anxiety Map is here to help you understand where travel anxiety may be showing up for you — perhaps in ways you haven't recognised before.

As you move through the following pages, you'll explore the five stages of the travel journey recognised within Calm Sky Companion:



Dreaming



Planning



Travelling



**Being
Away**



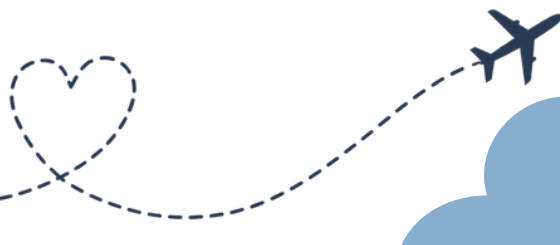
**Returning
Home**

There are no right or wrong answers.

You may recognise yourself in one stage, several stages, or in different ways depending on the trip.

For now, you don't need to change anything.

We're simply beginning by noticing what's there.



Where Does Travel Anxiety Show Up For You?

Travel anxiety can look different for everyone.

For some people, it centres around one particular part of travel. For others, it can appear in different ways throughout the entire journey.

The following statements are designed to help you notice **where travel anxiety may be showing up for you**.



Dreaming



Planning



Travelling



Being Away



Returning Home

As you move through each stage, simply tick any statement that feels familiar.

You don't need to overthink your answers. You may resonate with one statement or many.

If you read something and immediately think, "That's me" - tick it.

You can complete this document digitally or print it and fill it out by hand.

This isn't a test. It's simply a way of beginning to understand your own experience of travel.

STAGE 1 OF 5

Dreaming



When you dream about travelling...
but something keeps getting in the way of taking that first step.

☐

I dream about travelling, but I keep **avoiding that first step** and months can go by without me getting any closer to actually doing it.

☐

Part of me really wants to travel, while another part immediately starts thinking about **everything that could go wrong**.

☐

I've chosen not to travel, even when part of me really wants to, because staying **home feels easier or safer**.

☐

I've **lost confidence** in my ability to travel, and sometimes wonder whether I'd actually be able to cope if I tried.

☐

There are people I'd love to visit, places I'd love to see or experiences I don't want to miss, but **my anxiety or fear has been stopping me** from getting there.

☐

I would love to travel, but I've always **relied on someone else to organise things** and I don't feel confident knowing where to begin on my own.



STAGE 2 OF 5

Planning



When the dream starts becoming a plan...
and all the decisions, details and unknowns begin to feel
overwhelming.

☐

As I start making plans for the trip, I **feel overwhelmed** by how much there suddenly is to think about and don't know where to begin.

☐

I find myself going down a research rabbit hole for every part of the trip because I feel like I **need to know exactly what to expect** before I go and don't want to get it wrong.

☐

Once I've actually booked the trip, I can go from feeling excited to a **sense of dread** and wondering, "**What have I done?**"

☐

I find myself **overthinking every detail** because I get anxious about anything being uncertain or not knowing exactly what to expect.

☐

I can spend hours going back and forth over the same plans because I feel like I **need to get everything perfect**.

☐

I **feel responsible for making sure everything goes smoothly**, and worry that if something goes wrong, I'll feel guilty because it was my job to get it right.

☐

As the departure date gets closer, all the thoughts and fears can become so overwhelming that I **start wondering whether I should cancel the trip** altogether.

☐

I feel **overwhelmed by all the technology** involved in travel and worry I won't know how to use things like apps, digital tickets or online check-ins when I need them.



STAGE 3 OF 5

Travelling



When it's time to make the journey...
and being on the way brings its own fears, feelings and
challenges.

☐

In the nights leading up to travelling, I can **struggle to sleep** because I can't stop **overthinking about the journey ahead**.

☐

Being somewhere I can't easily leave, like a plane, train, bus or long car journey, can make me **feel trapped or claustrophobic**.

☐

I can **feel overwhelmed trying to work out where I need to go** in an airport or station, especially when there are crowds, signs, gates and instructions coming at me all at once.

☐

I worry I **won't know how to use the technology** I need while travelling, and can **start to panic** when I'm trying to find a digital ticket, use a machine or navigate an app with people waiting around me.

☐

I can become very aware of **what other people might think of me** while travelling — from what I'm doing or reading to how often I get up, use the toilet or anything else that might draw attention to me.



STAGE 3 OF 5

Travelling



When it's time to make the journey...
and being on the way brings its own fears, feelings and
challenges.

☐

Going through **airport security makes me anxious** because I worry I've accidentally packed something I shouldn't have, or that something could be in my bag without me knowing.

☐

I become **very aware of sensations in my body** while travelling and worry about feeling sick, dizzy, faint or needing the toilet when I can't easily get to one.

☐

When I'm flying, things like take-off, turbulence, unfamiliar noises or movements can make me **fear that something is wrong with the plane or that it could crash.**

☐

My mind can wander to **very specific situations when flying** that bring up fear, like a door or window opening and being sucked out of the aircraft, or being sucked down the toilet.

☐

I find it difficult to relax during the journey because I'm **constantly watching, listening or checking** what's happening around me in case something is wrong.



STAGE 4 OF 5

Being Away



When you've arrived...

but being somewhere unfamiliar can bring up things you weren't expecting.

☐

Being away from my normal routines and comforts can be harder than I expected, especially when things like the food, bed, bathroom or way I usually do things are different.

☐

I worry about **getting sick or something happening to me** while I'm away because I'm far from the people, places or support I normally rely on.

☐

Being somewhere unfamiliar can make me **hyper-aware of whether I'm safe** — where I am, what I need to look out for and what to do if something goes wrong.

☐

I worry about **getting lost, navigating somewhere unfamiliar** or not knowing what to do if plans change.

☐

I can **miss home** or the people I love so much that **part of me wants to leave**, even when I'm somewhere I've desperately wanted to visit.



STAGE 4 OF 5

Being Away



When you've arrived...

but being somewhere unfamiliar can bring up things you weren't expecting.

☐

I can **feel really alone** when I'm finding something difficult while I'm away, especially when the people around me don't understand why it feels so hard for me.

☐

Being somewhere with **unfamiliar languages, smells, customs** or ways of doing things can feel overwhelming, and I worry I'll **misunderstand something**, do the wrong thing or accidentally offend someone.

☐

I can feel like I should be having the time of my life, so when I'm not enjoying the trip the way I thought I would, I can become **frustrated, guilty or disappointed in myself**.

☐

I can **feel vulnerable relying so heavily on technology** while I'm away and worry about what I'd do if my phone stopped working, I couldn't access the internet or couldn't work out how to use something I needed.

☐

I can start **doubting whether I'm capable** of handling things on my own while I'm away and wonder if coming on the trip was a mistake.



STAGE 5 OF 5

Returning Home



Because travel anxiety doesn't necessarily end when the trip does.

☐

After travelling, I can feel **unexpectedly flat, emotional or unsettled** once I'm home, even if I've been looking forward to coming back.

☐

Returning to my normal routines and responsibilities **can feel harder than I expected**, and I can find myself wondering **"What now?"** or feeling like something in my life needs to change.

☐

I can look back on the trip and **feel disappointed about the things I wanted to do** but didn't because I was too afraid, and even though there were parts I really enjoyed, they can feel overshadowed by the things I missed out on.

☐

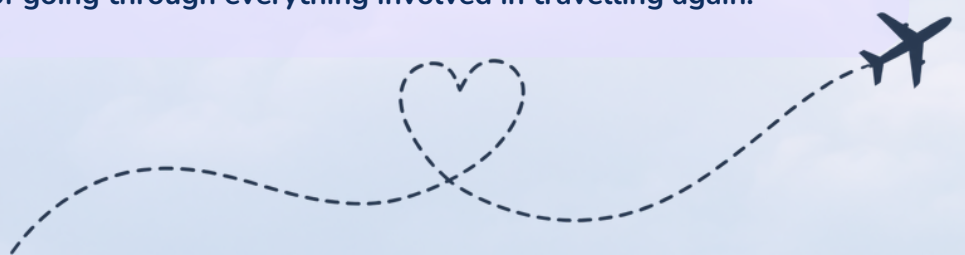
I can come home **feeling different** after everything I've experienced, but find it difficult when life feels the same or the people around me don't quite understand what the experience meant to me.

☐

Even after I've successfully travelled, I can still find myself **wondering whether I'll actually be able to do it again** next time.

☐

I can come home wanting another adventure, while also feeling overwhelmed by **the thought of going through everything involved in travelling again**.



Understanding Your Travel Anxiety Map



Take a moment to look back over the statements you ticked.

Where did you recognise yourself most?

Perhaps most of your answers appeared within one stage of the travel journey.

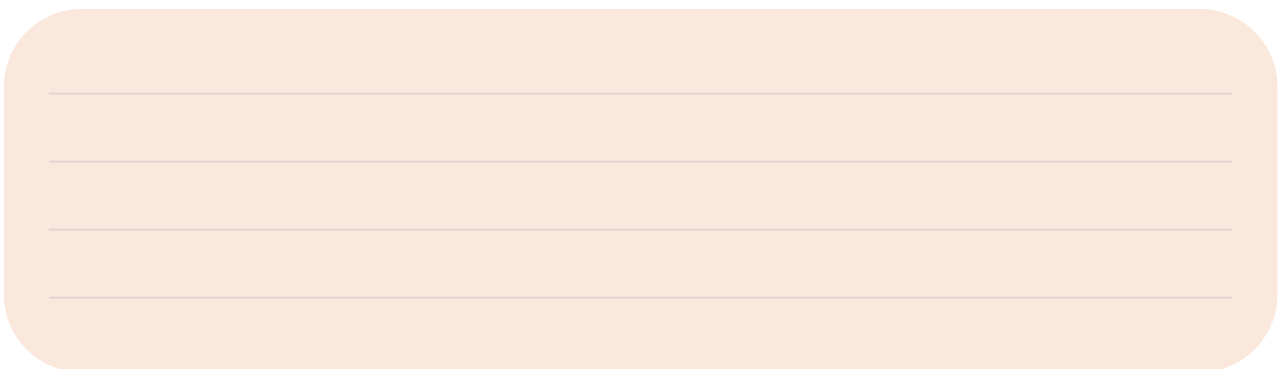
Maybe there was one very particular experience that stood out.

Or perhaps you found yourself ticking statements across several — or even all — of the stages.

You may have also recognised thoughts, behaviours or feelings that you'd never considered part of travel anxiety before.

There is no right or wrong way for travel anxiety to show up. 

Where did you recognise yourself most?



What you're beginning to uncover is simply your own pattern.



Understanding Your Travel Anxiety Map



Travel anxiety can be specific...

You might know exactly what brings your anxiety up.

It could be turbulence. Take-off. Being unable to access a toilet. Getting sick while you're away. Travelling alone. Being far from home. Or navigating somewhere unfamiliar.

Your anxiety may centre around one particular experience, or a small number of very clear triggers.

Or it can feel more general...

For others, there isn't one obvious fear.

Travel itself might feel overwhelming.

You may notice anxiety appearing while you're thinking about a trip, making plans, preparing to leave, travelling, being away and even returning home.

Sometimes it can simply feel like:

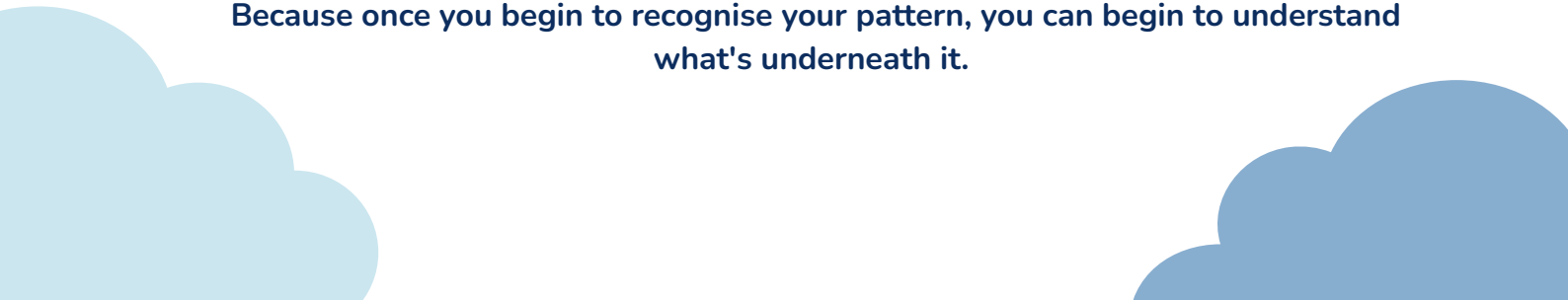
"I want to travel... I just don't feel like I can."

And sometimes, it's both.

You might have very specific fears and notice a broader feeling of anxiety around travel.

That's why understanding where your anxiety appears, and how it shows up for you, can be so valuable.

Because once you begin to recognise your pattern, you can begin to understand what's underneath it.



What Might Be Underneath Your Travel Anxiety?

Travel anxiety doesn't always begin with the thing you're afraid of today.

Sometimes, there may be something sitting underneath the fear you're experiencing now — an earlier experience, belief or association that has shaped the way you respond to travel.

You might consciously think:

- "I'm afraid of turbulence."
- "I'm worried I'll get sick while I'm away."
- "I don't like being too far from home."
- "I need to know exactly what's going to happen."

But underneath that anxiety may be a deeper fear:



- Of losing control.
- Of being unable to escape.
- Of something happening and not being able to cope.
- Of being unsafe.
- Of being alone.
- Of uncertainty itself.

And sometimes, you may not consciously know why something about travel brings up such a strong response.

That's okay.

You don't need to have all of the answers before you can begin working with what's there.

Within Calm Sky Companion, we begin with curiosity.

Rather than only focusing on the fear that's showing up today, we gently explore what may be sitting underneath it.

What is this response trying to protect you from?

Where might this pattern have begun?

What are you still carrying that may no longer be needed?

And what could travel begin to feel like if that old pattern was no longer leading the way?



The Calm Sky Companion Method

Understanding where your travel anxiety shows up — and beginning to recognise what may be underneath it — is an important first step.

The Calm Sky Companion Method is designed to help you gently explore what's underneath your travel anxiety, work with what you discover and begin creating a different relationship with travel.



1. Remember

Explore the experience that may have first shaped the pattern you're experiencing today, bringing awareness to what may be sitting underneath your travel anxiety.



2. Release

Work with the emotional charge connected to what you've uncovered, allowing space for old patterns and protective responses to begin to shift.



3. Reconnect

Move away from analysing and begin listening to your body, discovering what it may be communicating and the wisdom it already holds.



4. Reimagine

Create a future memory of travel that allows your mind and body to experience greater familiarity, safety and confidence around what lies ahead.



5. Reinforce

Gently strengthen the new beliefs, feelings and experiences you want to carry forward as you continue your travel journey.

You don't need to work through everything at once.

Every time you recognise something that was previously operating outside of your awareness, you have an opportunity to meet it differently.

Your Travel Anxiety Map is simply a place to begin.

One small step at a time. 

What Have You Discovered?



After looking at your travel anxiety across the five stages, take a moment to notice what stands out to you now.



Where does travel anxiety seem to show up most strongly for you?



Was there anything you recognised that you hadn't previously considered part of travel anxiety?



If travel felt different for you, what would you love to be able to experience?



Your Journey Doesn't End Here



You may have opened this guide thinking about one particular fear.

- Perhaps it was flying.
- Getting sick.
- Being away from home.
- Losing control.
- Or simply the feeling that travel has become harder than you want it to be.

Now, you may be beginning to see your experience a little differently.

You may recognise where anxiety appears across your travel journey, some of the situations that bring it forward, and perhaps even what might be sitting underneath it.

Calm Sky Companion was created to support you from here.

From dreaming about where you want to go, through planning, travelling, being away and returning home, CSC is there to meet you in the part of the journey you're actually in.

You'll find guided resources to help you understand what's coming up, explore what may be sitting underneath it and begin building a different relationship with travel.

You don't have to figure it all out today.

You simply need somewhere to begin.

And whenever you're ready, I'll be here with you. 

Explore Calm Sky Companion

Helping you reclaim the freedom to travel.

