

00:00:00 Welcome to the hair of the dog podcast. In today's episode, I am diving into a phobia that I have that well, not many people know that I have and more importantly, I'm sharing a step that I took to help to get over it and move on with my life, doing all the things that I want to do. Anyway, you're not going to want to miss this episode.

00:00:23 It's me and Heather. She is going to help sort this out for me. Stay tuned. Welcome to the hair of the dog podcast. If you're a pet photographer, ready to make more money and start living a life by your design, you've come to the right place. And now your host, pet photographer, travel addict, chocolate martini connoisseur, Nicole Begley.

00:00:44 Hey everybody. Welcome to the hair of the dog podcast. I'm your host, Nicole Begley. And today I have one of our favorite guests back, except we're not doing this virtually. She is right here in the flesh, in my house, Heather Lahtinen. welcome back to the podcast. Thank you so much for having me,

00:01:05 not only on the podcast, but for hosting me in your home. I am physically in your home and I could not be happier. This is like the best vacation of my life. It's like, it's a work vacation, but we hang out, we talk, we eat good food. We go out on the lake and we get stuff done. Therefore,

00:01:23 I have decided that I need to come here at least once per year, if not twice per year. So we're going to make that happen. Well, yeah, I think we should do once per year here and then once per year remote somewhere. Oh, Perfect. Yeah. Yeah. Okay. That's Great. Well, and I do want to say that you are very special because there's not just anybody.

00:01:42 I would let into my house this week because this is the first time my daughter will be 15 this week. This is the first time I've been home in my house alone. Just me and the animals. Right? 15 years. That's a long time. And I take, I take this responsibility very serious because if I were in your shoes, I would absolutely want to be alone.

00:02:07 I wouldn't want anyone bothering me. I would just want to get some work done, but we work so well together because well, we just like to work nonstop. So hopefully I didn't hinder your productivity. No, it's been awesome. It's been awesome. So yeah, so we figured since we're here, but together we should record a podcast episode or two.

00:02:25 And actually this one might be a little bit quicker because I just wanted to talk about something that I think I've made a big progress over. I'm not going to say I'm overcome it yet, but I have made a big step forward. And that is, you guys might be surprised by this, but I'm actually, I'm not a white knuckle flyer, but I would be fine to not actually fly,

00:02:55 but getting to somewhere is so reinforcing that therefore I get in uncomfortable space and will still fly. But if anything is out of the ordinary, I don't like it. I'm actually shocked by this. You shared this with me yesterday. And I looked at you as if you had three heads. And I

said, wait, what? You have a fear of flying.

00:03:13 Are you kidding? I did not know that about you. It's crazy. It's crazy. And so it's, and it's, I don't know nothing traumatic has happened, but I think it stems from you're completely out of control. Like you, you have no control in the outcome of the situation. You are just a passenger on this tube flying through the air.

00:03:33 You have no idea if the situation is with them within normal limits upfront, or if they're freaking out or what is happening in, there's nothing you can do to fix the situation. Should it go sideways? Okay. But I, I have to question you on this. Isn't that true of life. Yeah. There's a lot of life where you don't have no control.

00:03:52 That's true. But you're, you're in your life so often. And I know the statistics, I mean, it's way more dangerous for me to drive to the barn like this morning, but I don't know. There's something about being like 35,000 feet in the air and being out of control that, That combination. Yes. That does it For you in a metal tube.

00:04:10 Okay. So how did you, first of all, all your life. Yeah. Well, yeah, like if the plane ride is totally smooth and there's no turbulence and there's no 30 mile per hour cross winds, I'm like, whatever, this is cool. And I can actually, once we're up and we're cruising and I'm looking down and I'm like,

00:04:28 oh, it's super peaceful. Like, and I actually feel inspired like working on a plane. Like I love it because I think of what I have equated being on a plane to, which is freedom, freedom, and travel, and even work travel, which I love. And so all these things that I love on the other side of a plane ride,

00:04:51 right. So there's been a lot of positive reinforcement, right. Pairing onto that particular outcome. But I, well, and then on the other side of it too, like I'm kind of obsessed with the aviation industry. Like I love playing like fascinating. Yeah. The we're actually over a flight path or under a flight path, you know, for when the planes are landing and going south at Charlotte,

00:05:15 depending on how many planes they have backed up. Sometimes they fly right over our house. I learned all this cause my brother's in a pilot for American out of Charlotte. So he tells me all the things like, yeah, fly over your house all the time. But anyway, they start coming in like kind of low and slow. And you're just like,

00:05:28 ah, I wonder where that plan's coming from. Ooh, that's a big one. Oh, that's a little one. Oh, that's this, that's that? And I just, I don't know. It's fascinating. Every time there's a plane in the sky, I have to stop and like look at it and kind of Marvel at it for a moment.

00:05:42 So, well, the fear of flying, I think, you know, it's always, when there's these

weird things, it's like, oh, that's a lot of turbulence that seems stressful. But I had this reoccurring dream of being on a flight and you're sitting with the window seat, which is where I like to sit in plane, you know, when they bank and they're turning and you're like looking straight out your window,

00:06:00 but it's down towards the ground or doing that. But it's getting closer and closer and closer to the ground. So it's basically in this like death spiral down to the ground and I realized, oh, I guess it's over. And I'm super peaceful in my dream, but I always wake up before we actually hit the ground. But then, you know,

00:06:16 I start to think, is this a premonition? Like, should, should I be nervous about flying? Cause that's pretty stressful. And yeah, I don't know. Or just a manifestation of the fear it may be. And I think it is too, because your subconscious mind takes things that you are like that, you know, so like somebody else might have a reoccurring dream.

00:06:38 That means absolutely nothing to do with transportation, but they have another main, like that's the main character kind of, even though it has actually nothing to do with that. Oh right. And I mean, it could mean, so it could mean something totally different. Right? This could be something about a fear you have in your business or with money or,

00:06:57 I mean, who knows, but it's just manifesting in something that, you know, something that's familiar and seems fairly straightforward. Like if the plane crashes I die. Right. That's it, that's interesting. You use the word premonition. I was listening to a podcast recently on one of these docu series on a gentlemen who at the age of 19 had two very vivid dreams.

00:07:18 And in the dreams, he, one of the dreams, it was the same night and the first dream, he was in this very remote location with mountains. And, and he had this dream that they were, they came around a bend, they saw these certain trees. Okay. Whatever. And then in the next dream, it was very clearly shown to him that he was going to die at the age of 52.

00:07:37 So then, so the number 52 kept coming. So he's 19. So the number 52 kept coming up and it, and it was repeated in the dream as when he would die. Okay. But he woke up, he didn't think anything of it until three or four years later, he's on this adventure, something in Alaska with a guide and they hit this corner in this glacier.

00:07:56 And he said, I've been here. And it was his exact dream from when he was 19. Wow. So when that happened, he thought, well, the rest of the dream was a.at 52. So my get, so this was in his twenties. He's like, I'm going to die at 52. I am almost convinced like a hundred percent certain that's going to happen.

00:08:16 So the, I forget what podcasts, this was on. He was being interviewed and he was at the time 50 or 51. And he had not told a single person, his entire life about these dreams. He has a wife, he has children. He just didn't want to worry them because what if it's

just one of these random dreams and they followed up with him and last I heard he was 52 and still alive.

00:08:39 But I'm actually following this story because is, are you prophesying about the future? Is it a premonition or, or is it just a random jury? Right, right, right. Well, and then I would like to kick it another step forward. If, start to tell yourself for 30 years is what's going to happen to you then, are you kind of calling that into existence?

00:09:02 A hundred percent? Yes. I thought the same thing. I thought, if this guy wasn't going to die at 52, he probably is because he's speaking into existence, meaning some accident is going to happen and it's going to be like safe. I mean, he'll be dead, but it will be just prove to him that it was true. It's it's the whole story is just a trip.

00:09:19 I actually need to look him up because I think he's turning 53 soon. He was convinced he was either going to die his 51st year into his 52nd or right around 52. So anyway, I'll look it up and report back. But interesting how we think these dreams, I always want to assign meaning to dream everything. Right? You want to make sense of it.

00:09:40 So the death spiral in the plane, the obvious answer is I'm going to die in a plane crash. Right. But because we know that's not how the subconscious works. It actually can't be that right. It has to be something else. Right. Which we have not uncovered because we've been talking about this for the past day. But It also another kind of differentiator too,

00:10:02 is if you are like getting on something, like getting on the plane, for instance, and like this manifests for me before, especially a big flight, especially if I'm flying by myself, because then I'm like, well, my family can't live without me, but for all together, at least we all die together. So terrible. Then I just worry about the animals.

00:10:20 I can't really take my horse on the plane, especially now that we have to. But anyway, one of the ways to kind of differentiate is whether this is like kind of a fear of phobia, like conscious mind versus like a deeper message is if there is like tightness in your chest and you're getting those actual fear, stress responses, like it's not a premonition,

00:10:44 like premonitions are, you know, it's just like, oh, I mean, it sounds like that guy, but that was a dream. I think dreams are, like we said a whole different animal, but like, if you're nervous about getting on a plane and you're about to get on, you're like, Ooh, heart's beating fast. Oh, this means,

00:10:58 this must mean, this must mean I had this bad thought, blah, blah, blah. You know, I'm out. Usually just are Right. Our fear. It's just, it's just a straight up fear, which makes sense. I mean, a lot of people have a fear of flying fear of Heights. These are, I think, normal human fears because of the control issue.

00:11:13        Yeah. But I'm thinking, you know, as we bring this around to business and the fear of starting a business, getting clients, you know, your pricing, sales, sales, raising your price is a lot of people will say, they will say directly to your face. Nicole, I'm afraid to charge that. And that is probably true. There's probably a component of,

00:11:33        yes, I'm afraid to charge that, but then there's like this, you know, am I worth it and value and competence and all of those things. I actually believe that there's probably something deeper there that we would have to really talk through to uncover. Yes. It's fear of rejection for sure. Everyone has that to some degree, some work through it some day.

00:11:54        Right. But do you think that it could actually be a fear that is seemingly so different or unrelated that is manifesting is a fear around pricing? I mean there's probably multiple angles. Absolutely. I mean it could be, huh? Yeah. Yeah. I mean the rejection is the obvious one, but, But I think it comes down to at least for pricing and sales.

00:12:18        I think most of the fears stem from how are people perceiving me and how are they going to judge me? And you know, we've talked about so many money stories on this podcast, that those money beliefs that you have, like this is to profile superfluous. I used to not be able to say that word, you know, or this is like,

00:12:34        you know, bougie or extra and this or that. And you know, why, how can I ask people to spend this much money? Ah, they just want pictures of their dog. They could take a picture of their dog with their cell phone, right? Like you're providing a whole different level of service that deserves to be compensated for, and the amount of time and effort that you've put into learning how to perfect your craft also deserves to be compensated for.

00:12:57        But yeah, I think it all stems to, are people going to judge me, are they going to kick me out of the tribe and therefore I'm going to die. All right. I'll starve and die and never be accepted again. So when people come to me and say that they're stuck, I will usually ask what's the challenge you are facing. And then they might describe raising their prices or putting themselves out there.

00:13:15        And I'll say, okay, what's the fear. And sometimes they, you know, they know it and sometimes they don't and it takes a minute, but if you can name the fear and say, okay, I have this fear of rejection or judgment that Which is really rejection, the judgment that would lead to. Right, right. In that regard.

00:13:34        So if you can name that and say, okay, it's a fear of rejection. It's a fear of judgment. A lot of people just stop there and yet, and they're like, yes, that's what I fear. My next question is, can you be okay with that? Right. Can you be okay? Is it more important for you to not fly or to get to your incredible destination?

00:13:56        You, you see the value at the end. So I will ask someone, oh, you want to leave

your job? You want to make money in pet photography. Okay. Is that more important to you than protecting your ego? Right, Right. Whoa. Okay. Because what you're doing is playing safe to protect your ego from your feelings, getting hurt,

00:14:14 which I'm not making light of. It's very serious, but what's more important to you to stay safe, small, protected, and miserable in your corporate job. Is that more important to you or is following your dream, pursuing your passion, delivering an incredible service. So then if you look at those two things, of course, other of course, I want to follow my dream.

00:14:32 Okay. Can you be okay with the possibility or the potential of being rejected? Because if you can answer yes to that, you can free yourself up and let go to some degree or at least enough of that fear to move forward. Yep. Which is exactly what I did when we were in Italy just a couple of weeks ago. And you know,

00:14:54 part of this is I know too much. So I'm looking and I'm like, man flying United us Boeing 767. I'm like, God, all the other airlines retired that plane. I don't know anyone still flying that. It's like one of those old ones where you went in to use the bathroom and they still have the ashtray in the bathroom. I'm like,

00:15:13 how many decades is smoking? Not been allowed on planes? I think almost my whole entire lifetime. So anyway, so I'm like, oh God, this is an old plane. Which again, you look at the statistics. I don't even think that plane's ever crashed. Like it's a super safe airline or a super safe airplane. And then we were flying a regional jet from Newark to Charlotte,

00:15:32 which again, super safe, but slightly more skiddish and uncomfortable in the air because they move around a bit more. But anyway, and like, it was like our last day in Italy and I'm just like, I can feel the stress in my chest. I'm just like, oh, I gotta take this flight. Oh, it's a long flight. It's over a lot of ocean.

00:15:49 There's no place to lay on the Ocean. Yes. And then it occurred to me. It was like, all right. So say I did find out that like, oh yeah, that dream actually will happen. But you don't know when. Right. You don't know when it could be when you're like 95. Oh Right. Would I want to live my whole entire life?

00:16:09 Never getting on a plane again. And the answer unequivocally was hell no. That's And re question, ask yourself, would I want to live staying in Charlotte or within driving distance of wherever I could go. But that's a great question. If you ask yourself, am I okay? Because here's the thing you will always regret not taking action, but you will never regret taking the action.

00:16:36 Did I say that right? Yeah. You will. You will not. Unless your plane actually does crash. So you might've got a for a minute, but You really wouldn't know. I mean, I think it would be over so quickly. It would be disliked, But it really truly did help. Cause I came home from Italy

and I was only home for a week.

00:16:51        And then I was flying out to Montana for a mastermind meeting of other online business owners. And the night before I left, I checked the weather real quick and I saw a high wind warning in Bozeman. The next day I went warning. And so that again, too much information, I start digging and I'm like, how much? And then I find like the website that tells you the actual like field conditions at the airport and which direction I'm looking up.

00:17:23        Okay. This runway is 20 R, which is two 80. Like I Right now Sound like, oh, this are not going to be on. Like, I hope this is like east west facing runway. Oh no. It's north of south till I start to get in my car In the world is happening. Are you insane? Why would you do that?

00:17:39        Why would you look it up? Well, I just looked at the weather and my no, No. So, okay. If you look at the weather to determine, do I need a jacket? Right. Okay. That's fair. Looking at the temperature Thing. When you go to the weather channel, when there's a, a weather situation it's like flashing red Murph and it said high wind warning.

00:18:01        Maybe you should've just asked your husband, Hey, tell me what the temperature is. Maybe I'll do that next time. Maybe I'll do that next time. Although truly. And then I, you know, I'm like how high of a crosswind complains, Landon, blah, blah, blah. And so then I'm reading like how the pilots actually do and they have to put down anyway.

00:18:18        Like I said, I'm, I I'm super fascinated by it all, but almost to a fault, but you would be so proud of me. Cause I was like, all right, well, I made the decision to go to this, you know, like I'm I I'm going like planes, land, freaking Bozeman all the time. And plants are going to be landing in these conditions all day long,

00:18:38        all day. I'm actually not heard of a plane crash in Bozeman. Yeah. Also, But anyway, I'm like, there'll be landing in here all day and if it's not safe, then we'll go land somewhere else. Yeah, Exactly. And so anyway, so we're on the plane and it's a little bit delayed and you know, they had some other FAA timeout for the crew thing,

00:18:59        whatever. So we finally got going and the pilots like, all right, weather conditions in Bozeman, man. I don't want to jinx it. I mean, we're going to try to get you guys on the ground there, but the winds are kind of like, we'll see You there. I was like, all right, well, I mean, doors are shut and here we go.

00:19:16        We're we're in the air now. And then it was a little Rocky and roly landing and I was cool to cucumber. I was like, whatever I got this, it is what it is. I'm just going to get bumped around a bit. But like it is yeah, it will be okay. It's okay to have that reaction of being fearful. I landed in some pretty strong cross winds a couple of years ago where I thought we were for sure,

00:19:37 going to die and sitting next to me was a flight attendant who was traveling back to Pittsburgh. So she was not on duty and she was asleep. And, and so, and she finally kind of opened her eyes and I looked at her and I said, are you for real it, she laughed. And she said, this is nothing. I said,

00:19:55 this is not nothing. This is a hurricane. Okay. And she laughed. And she said, no, there's strong winds for sure. But no, it's, you know, it's not a big deal at all. And I thought, okay, so you know, it's not that you need to get rid of the fear completely because I don't think that's normal.

00:20:12 You're still going to be out of control. And there's a portion of you. That's like, oh man, right? Like this scary, scary. Like, I don't know what's happening here. And it's out of my control. But I tell myself in those situations, like one way or the other, we're going to be on the ground in a couple of minutes.

00:20:26 It's true. Because we were very like Alone, always comes To that. And I thought, I thought, he's going a little fast. He's coming in hot. He's a little high. He's a little out, you know, and I know nothing, but you land and then you okay, but your heart is racing. I think that is a normal human reaction to a situation that feels like death.

00:20:45 True. True. And also just PSA for all of you guys out there that end up landing in a crosswind situation. The pilots put the plane down really freaking fast and hard so that a gust of wind doesn't come and like tip a wing into the CAS. So when you're like, man, that was a hard landing that was on Purpose. Right.

00:21:02 I also watch air disasters. We'll see, I don't do that. But the funny thing is every time I watch it, I actually feel better about flying because every incident that happens makes it safer. Unfortunately, people obviously lose their lives, but you know, some weird thing happens. They're like, oh, they fix it. That will never happen again.

00:21:21 I mean, there have been crashes that have been pilot error, you know, but Far and few between, correct? Like for the most part, except it was Boeing a couple of years ago. What was that? The max, The Max that was having all of those troubles literally kept crashing. There were two, but that's enough because that means it kept crashing and they pulled it didn't they pull that one or are they,

00:21:43 They grounded it for a while and they fixed the software and they hold the pilots. That, that system existed. Well, that would be helpful. That's right. We watched the documentary. Yeah. They told the Yeah. Well my, my truly, and my litmus test is always when it's like certain low-cost airline or this or that, or you know,

00:22:04 anything. And like when the max came back, I'm like, I asked my brother, I'm like, can I find the max? Is it safe? He's like, yeah. He eats. Sometimes he asked, who's like, oh,

U S airline. Yeah, you're fine. Like, like there definitely is There, you know, trees And it truly is.

00:22:21 And it comes down to, it comes down to training and there's a lot of parts of the world where their pilots just memorize stuff, but they don't actually understand the principles of flight and how to manage this large machine in the air. Should things go wrong? Yeah. You know what? My favorite pilots are like the old Vietnam vets, you know,

00:22:42 old guys. Fine. Recently. I was last year. I think it was coming here. I was flying and the pilot came out and he was a literal baby. Okay. I thought this kid is so young. I'm like, where's the old guy. I mean, where's the, where's the one who was in the military or has seen combat.

00:23:01 That's the guy, Tom Hanks. I want Tom. Oh yeah, yeah. That guy. Oh my gosh. That's a good story too. So you can actually survive plane crashes, although it's a little bit rare. Usually it's either everybody lives or everybody dies is what it seems to me as what I think we're instilling confidence for anyone right now. Okay.

00:23:22 The bottom line is You Face your fear and you all, And I asked myself a different question. You asked Yourself a different question, but was it because you were like, okay, this has gone on long enough. I need to. And it was, it was truly, I mean, I know the statistics again, like I said, like,

00:23:41 it is way more dangerous for me to hop in the car and go to the grocery store or get on the highway than it is to fly anywhere in the world. Even on questionable airlines, like true. It's still safer than driving anywhere, hands down. But because we drive so often that fear has been like, like the flight attendant, she flies all the freaking time.

00:24:03 So when they're like, she's like, it takes a lot to rattle me now. Whereas somebody that's flown like once in their life, they're like, what's this what's that exposure Therapy. Yeah. Yeah, Yeah. They've been exposed to it. So they've inoculated themselves against the fear. But I think the biggest lesson here is to ask yourself a better question.

00:24:22 How can I reframe the question? And am I actually following through on the train of thought instead of just saying, yeah, I have this fear of rejection and I don't like to be judged, period. It's just what it is, Heather. This will be the way it is. Okay. Fair enough. Could we ask a better question or follow that out?

00:24:38 What if somebody says no to you? What if they do Joe? What if they talk about you? What if they reject you? Can you be okay with the potential of that maybe happening? Cause it might not. Yeah. Yeah. And I would then take it a step further. Can you be okay with that? And can you weigh that particular outcome with the opposite?

00:24:58 Which is you never following your dream, right? Right. Wait, which one? Which

one? You know, like, am I going to be when I'm, you know, 95 and my time on this earth is coming to a close, am I going to be okay with like, oh, I really wish I did that, but good thing.

00:25:16 I stayed safe. So nobody judged me. I stayed safe. Cause that Really matters. I mean, you know, our thing is like, did you die? Are you going to die? Okay. The airplane thing. I mean that's okay. But in the case of your pricing and rejection rejection, did you die? Would you know, it could hurt your feeling?

00:25:33 Sure. Okay. That's fine. Can you be okay with that? You will never regret taking action. You will never regret at least trying. Cause then, you know, and then here's the thing. If it happens, if you do get rejected and you live through it, which you will, it will instill more confidence in you and you'll think,

00:25:50 okay, that wasn't as bad as I thought, even if it did sting, I could do that again. And it emboldens you. So I would argue, you need to take the action and if you do get redrafted, I would say good. Yeah, because you learned, oh, exposure therapy. Now I know that I can be, it reminds me of the first several wedding seasons I had in Pittsburgh.

00:26:11 I was actually very lucky with beautiful weather for many, many weddings. So much to the point where I had this unnatural fear of rain because I had never shot in it. And obviously I live in Pittsburgh, it's going to happen, going To happen. And the longer this went on, the more this fear just built up in me until one point.

00:26:30 I mean, I'm talking, it was probably three or four years in it. Rain pour down rain on a wedding and a good friend of mine and it turned out great. And the wedding photos were fine and I survived and what that fear was gone. And now it was like, okay, sun rain. I know I can handle it, but I had to go through it,

00:26:49 which was not pleasant. I actually had one of my Canon cameras shut down. That wedding stopped working because of a lightning strike. Some sort of elect. I don't know. I don't know. Lightning struck like near me, boom, like the whole church shook. And my second shooter came down from the balcony and said, this camera just like it Does the Dust.

00:27:10 Isn't that crazy? I didn't get it fixed, but anyway, expose yourself to it. It might not be as bad as you think. Yeah. Oh my gosh. Such, such good advice. All right, everybody. We just wanted to share that quick little insight for you and hopefully it inspires you to take some action. Please let us know at Nicole Begley official on Instagram,

00:27:32 Heather work, They can find me at flourish academy and let me know what is, what is the fear? What is the fear and how can we help you work through it? Yeah, Yeah, absolutely. All right guys, we'll see you next week. Bye everybody. Thanks for listening to the hair of the dog podcast. This was episode number 1 55.

00:27:49 If you want to check out the show notes for access to any of the resources that we mentioned, simply go to [www.hairofthedogacademy.com/](http://www.hairofthedogacademy.com/) 1 5 5. Thanks for listening to this episode of hair of the dog podcast. If you enjoyed this show, please take a minute to leave a review. And while you're there, don't forget to subscribe. So you don't miss our upcoming episodes.

00:28:12 One last thing, if you are ready to dive into more resources, head over to our website@[www.hairofthedog.com](http://www.hairofthedog.com).