

# User Guide

Higher Than Heights is Virtual Reality training for overcoming fear of heights. Please read the terms of use before using the product.

The product is the level first of five and is designed to help you overcome your fear of heights, using mixture of coaching techniques, exposure therapy, and neuro - linguistic suggestions. To be fully satisfied with the results you need to follow the instructions bellow:

1. Use the product only with the right equipment listed in the download section, having read its instructions and warranties.
2. Use the product in a safe environment where you feel calm and secure. Do not enter the experience if your anxiety level is too high, or you have medical conditions such as flu, headache, stomach discomfort or any other physical or mental discomfort.
3. Set a schedule for your training. Best results are gained when you do the training at the same time on a daily basis for at least 14 days.
4. Before you start the program evaluate your level of fear from 0 to 10 (0 – I am totally confident – 10 - I am freaking out!). Open a diary to evaluate your progress by dates and write the number down.
5. Put your VR headset on. Start the module “ Higher Than heights”
6. A hypnotic voice is going to guide you further in the experience. Listen to it carefully and follow the instruction.

7. The module has 5 levels of difficulty. You will be guided through the process by calming voice. When a level is complete you will be asked to evaluate your emotional state. You can do this by using virtual buttons. You can choose from a list of suggestions using your eyes and focusing on the chosen button for few seconds.
8. Depends on your selection and respectively you level of anxiety, you will be suggested to go to the next level, or go back to the previous level.
9. Choose when you had enough and go back to the 0 level. Listen to the guidance of the voice again, follow the instructions and safely exit the module and remove the headset.
10. No matter how far you've managed to go with the training, write down the evaluations at every reached level from your experience in the diary.
11. Evaluate you level of fear after the training and write it down in the diary.
12. Your day 1 of the training is now complete.
13. At the day 7 if you need help by Mahama's VR&Co team, send us your diary along with every question you might have at [mayamahama@icloud.com](mailto:mayamahama@icloud.com) and we will provide you with specific to your situation coaching advice for better results with the training.
14. Remember that the program is not a substitution of any therapy that you may need, it is not a medical product and it must be used on your own responsibility. Mahama's VR&Co Lab recommends a consultation with your medical care giver before you participate. By downloading this product you agree with the terms of use listed in the download section.

Be Brave!

