

Fox59 meteorologist overcomes fear of spiders live on TV [Video]

The video went viral online all across the world: Fox59 morning news meteorologist Jim O'Brien ran for cover during a reptile segment this summer on our morning news. We had no idea Jim was literally in fear of spiders. Thursday, he decided enough was enough, and with the help of a hypnotist, it was time to face his fear.

http://www.fox59.com/news/wxin-fear-of-spiders-fox59-meteorologist-overcomes-fear-of-spiders-live-on-tv-20111208,0_3044463.column

6:30 p.m. EST, December 8, 2011 Indianapolis

The video went viral online all across the world: Fox59 morning news meteorologist Jim O'Brien ran for cover during a reptile segment this summer on our morning news. We had no idea Jim was literally in fear of **spiders**. Thursday, he decided enough was enough, and with the help of a hypnotist, it was time to face his fear.

"Hypnosis is the best in human performance technology," said hypnotist Tim Shurr.

Shurr met with Jim for 10 minutes, deliberately and methodically using hypnotic techniques to get Jim calm.

"What we're going to do is get Jim into a really relaxed state, reset his nervous system so to speak, so you feel calm and more curious instead of nervous and upset," said Shurr.

You might not think Jim would be capable of being calm around a tarantula, if you watched him react on Fox59 Morning News over the summer.

"I don't like spiders. I don't know what it was, when i was a little kid, stay over there," Jim shouted to anchor Ray Cortopassi, who

was sporting a live tarantula on his arm, during the newscast. We knew Jim didn't like spiders, but we had no idea it was such a serious phobia. After being hypnotised, he was ready to see if he could beat his fear.

"We helped Jim get more calm, more confident, more relaxed," said Shurr. "We changed the old memories that he used to have so he feels more empowered now."

Then, a large tarantula was brought out and placed in front of Jim. Shurr carefully kept Jim calm and even put the tarantula on his arm.

"I'm going to put it under my arm and onto your arm, and it's going to go on your arm and you are going to be fine," Shurr told Jim.

Jim became proof, on live television, it is possible to overcome your biggest fears.

"He's out there sending a message that people might have fears in their life that you can overcome them, so he's being a real role model," said Shurr.

Copyright © 2011, WXIN-TV

In accordance with Title 17 U.S.C. Section 107, any copyrighted work in this message is distributed under fair use without profit or payment for non-profit research and educational purposes only.