

Conquering Avoidant Tendencies Worksheet

What is Avoidance?

Avoidance is when we try to escape situations, thoughts, or feelings that make us uncomfortable or anxious. While it might feel like a quick relief, it often makes things harder in the long run.

Identify your Avoidance Patterns

Think about areas in your life where you tend to avoid things, your initial thoughts around the situation, and the short and long-term effects of avoidance.

Situation	Initial Thoughts	Short-Term Effect	Long- Term Effect
<i>Invited to a social event which I avoid</i>	<i>No one will like or speak to me at this event</i>	<i>Reduced anxiety</i>	<i>isolation and loneliness</i>

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Build Coping Strategies

It's helpful to have strategies and an action plan to manage anxiety or discomfort when facing situations you avoid.

Create a list of situations you avoid, ranking them from least (1) to most difficult(10). Start with the easiest and plan how you will face it.

Difficulty (1-10)	Situation	Coping Strategies/Action Plan