

MOMENTS THAT CAN INTENSIFY

DEMAND AVOIDANCE



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

**Being told rather than
asked**

2

Loss of choice or control

3

Repeated reminders

4

A demand arrives suddenly

5

The task feels pointless

6

**Pressure while already
overloaded**

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER