

FACE: overcoming avoidance

FEEL • ACT • CONSEQUENCE • ESCAPE



Understand the loop and choose one manageable approach step

Avoidance often makes sense in the short term. FACE helps you notice the relief and the longer-term cost, then choose a supported step towards what matters.

F

FEELINGS

What emotions and body sensations show up?

A

ACTIONS

What do I do, avoid or postpone?

C

CONSEQUENCES

What relief appears now, and what is the longer-term cost?

E

ESCAPE THE LOOP

One values-led step I can approach with support.

THE SMALLEST APPROACH STEP I WILL PRACTISE
