

## Avoidance worksheet pdf

Write down all the things (e.g. situations, people, places, tv/radio/newspapers/internet, thoughts) that you try to avoid in the hierarchy from 1-10, with 10 being the most feared situation.

10. \_\_\_\_\_
9. \_\_\_\_\_
8. \_\_\_\_\_
7. \_\_\_\_\_
6. \_\_\_\_\_
5. \_\_\_\_\_
4. \_\_\_\_\_
3. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_

In starting to overcome the avoidance, take the least feared or distressing item, and think about how you can start to face this trigger. You might want to break it down into smaller steps. Write down what you need to do, including any steps. You could also write down reminders of your coping strategies.

### **Choose any strategy: to face your fears**

E.g you feel anxious and fearful about the germs while you use your phone then first of all STOPP

- **STOP:** Stop your thoughts and mind for a second, give them a break.
- **THINK:** Think about the possibilities, that what could go wrong if you just face your fears and how far is this fear true
- **ACT:** Get ready to work on facing your fear.