## **WORKSHEET: UNDERSTANDING YOUR PATTERNS OF AVOIDANCE**

<sup>\*\*\*</sup>Remember to maintain an attitude of friendly curiosity\*\*\*

Day and time	Event or situation	Avoidance behaviour: What did you say or do?	What were you avoiding? (Thoughts, feelings, urges, people, places, activities)	Short-term benefits of avoidance	Long-term harm of avoidance