What am I avoiding?

List what you have been avoiding, and how much each thing matters to you.

Name _____ Date _____

Avoidance builds up slowly, so it is easy to miss how much you have stopped doing. List what you are staying away from, how anxious it would make you, and how much it matters to you to get it back.

What I avoid	Anxiety if I did it (0 to 100)	How much I want it back (0 to 10)
Places and situations		
Activities		
People, or kinds of contact		
Body sensations, thoughts or memories		

What has avoiding cost me?

The one I would most like to tackle first

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