

avoidance techniques

mumshine



reflective exercise



individual

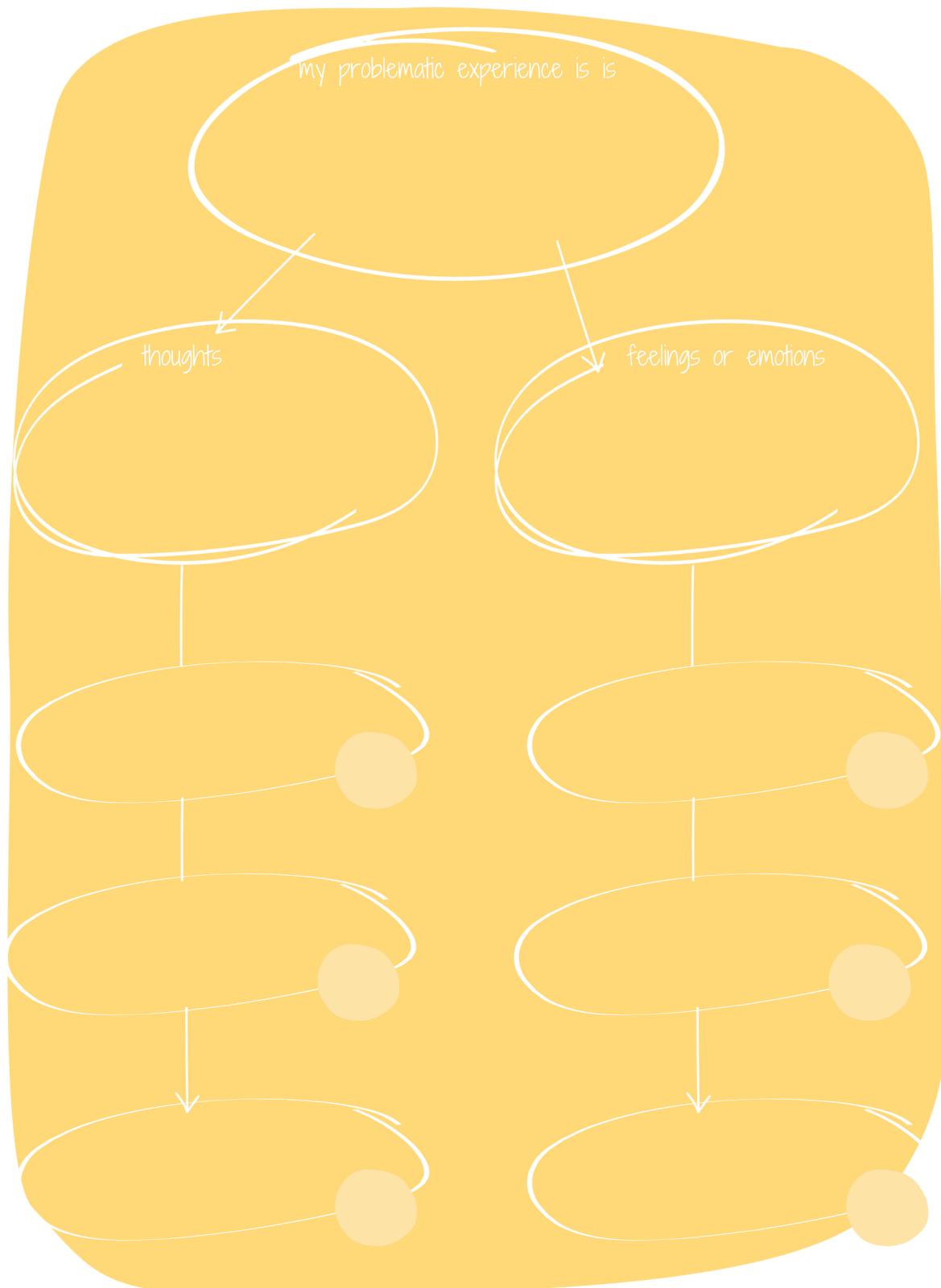
This activity provides space to identify another technique we often use to manage difficult experiences... avoidance. All you need is some quiet time, this worksheet and a difficult experience which you have tried to manage by avoiding it

Step 1
identify a problematic experience

Step 2
identify the problematic emotions, feelings and thoughts this brought up

Step 3
identify avoidance strategies in all aspects of life e.g. work, home, spiritual, lifestyle to avoid the experience or the thoughts, emotions and feelings

Step 4
score the efficacy of these strategies (out of 10) for long term efficacy or result in the circles



After completing this activity, can you spot any patterns of avoidance? What alternate strategies can you see that will have greater efficacy or results for the problem at hand?