

COSTS OF AVOIDANCE WORKSHEET

WHAT I TRY TO AVOID (thought, feeling, sensation, urge)	AVOIDANCE STRATEGY I USE (e.g. distraction, avoidance, try to solve/fix, self-soothing)	THE LONG TERM COST OF AVOIDANCE (e.g. time, energy, money, relationships, mental/emotional/spiritual/physical health)
<i>e.g. feeling rejected</i>	<i>e.g. stay away from a social gathering where I might meet new people</i>	<i>Cost: disappointed in myself, loneliness, hopelessness, decreased confidence</i>
