

Anxiety Behaviors: Avoidance



Think of some times when you felt anxious, worried, or afraid and list out any common avoidance behaviors you use.

Situation

Emotion or Fear

Avoidance Behavior

I don't know where to sit at lunch.

I feel anxious. I'm afraid others will judge me.

I avoid the lunch room, don't talk to others, and sit by myself in the hall.

Blank rounded rectangular box for writing a situation.

Blank rounded rectangular box for writing an emotion or fear.

Blank rounded rectangular box for writing an avoidance behavior.

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