

# 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.

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Avoidance Behavior

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