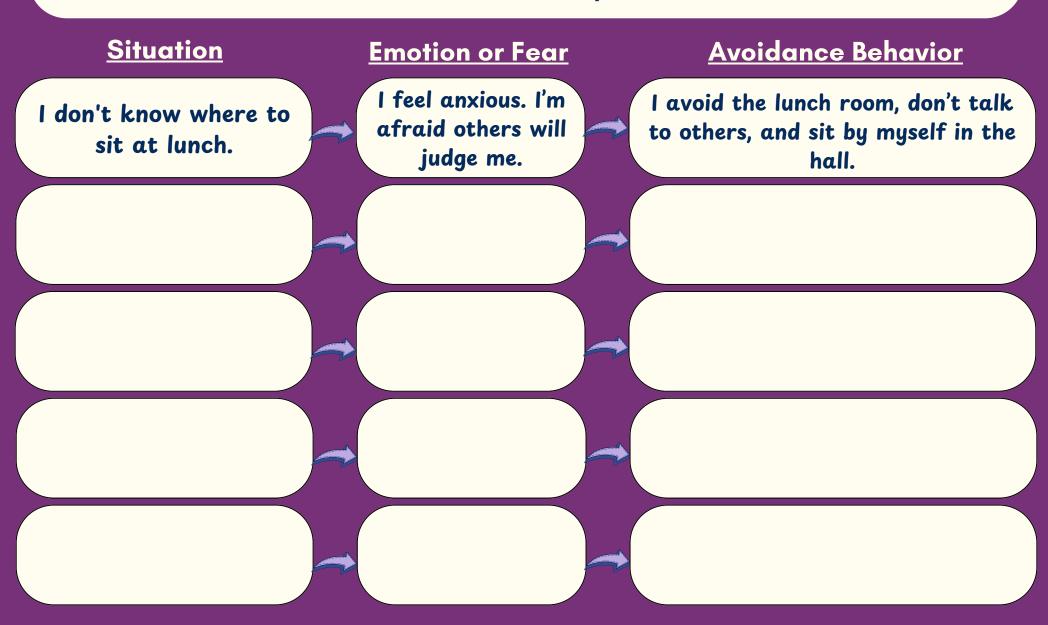
Anxiety Behaviors: Avoidance



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



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