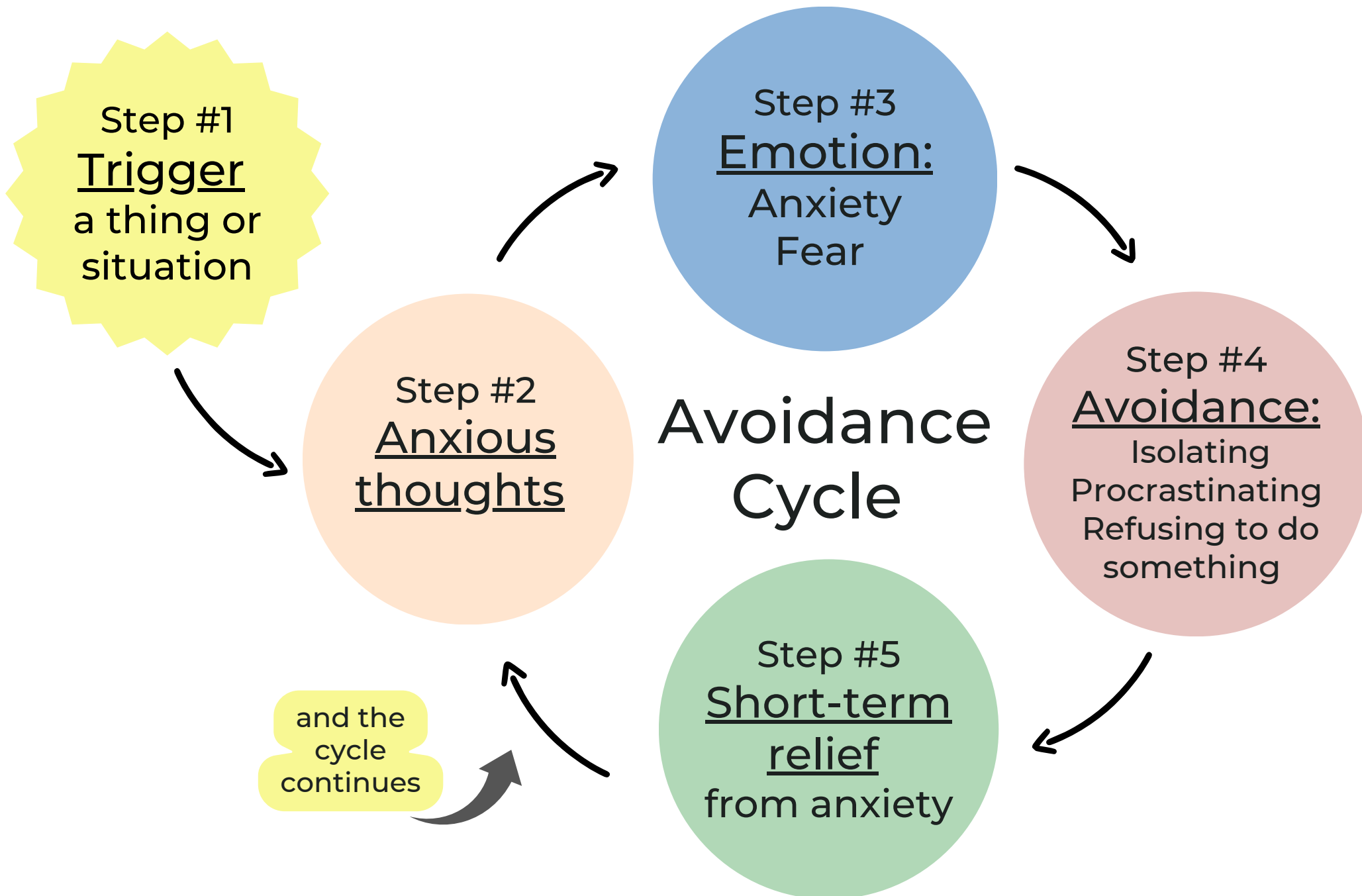


**Fears & worries can stick around or get worse because of the Avoidance Cycle. It's natural to avoid things that are uncomfortable, but we want to work on overcoming this cycle!**



Trigger:  
I'm with a group  
of peers and  
don't know  
what to say

Emotion:  
I feel anxious

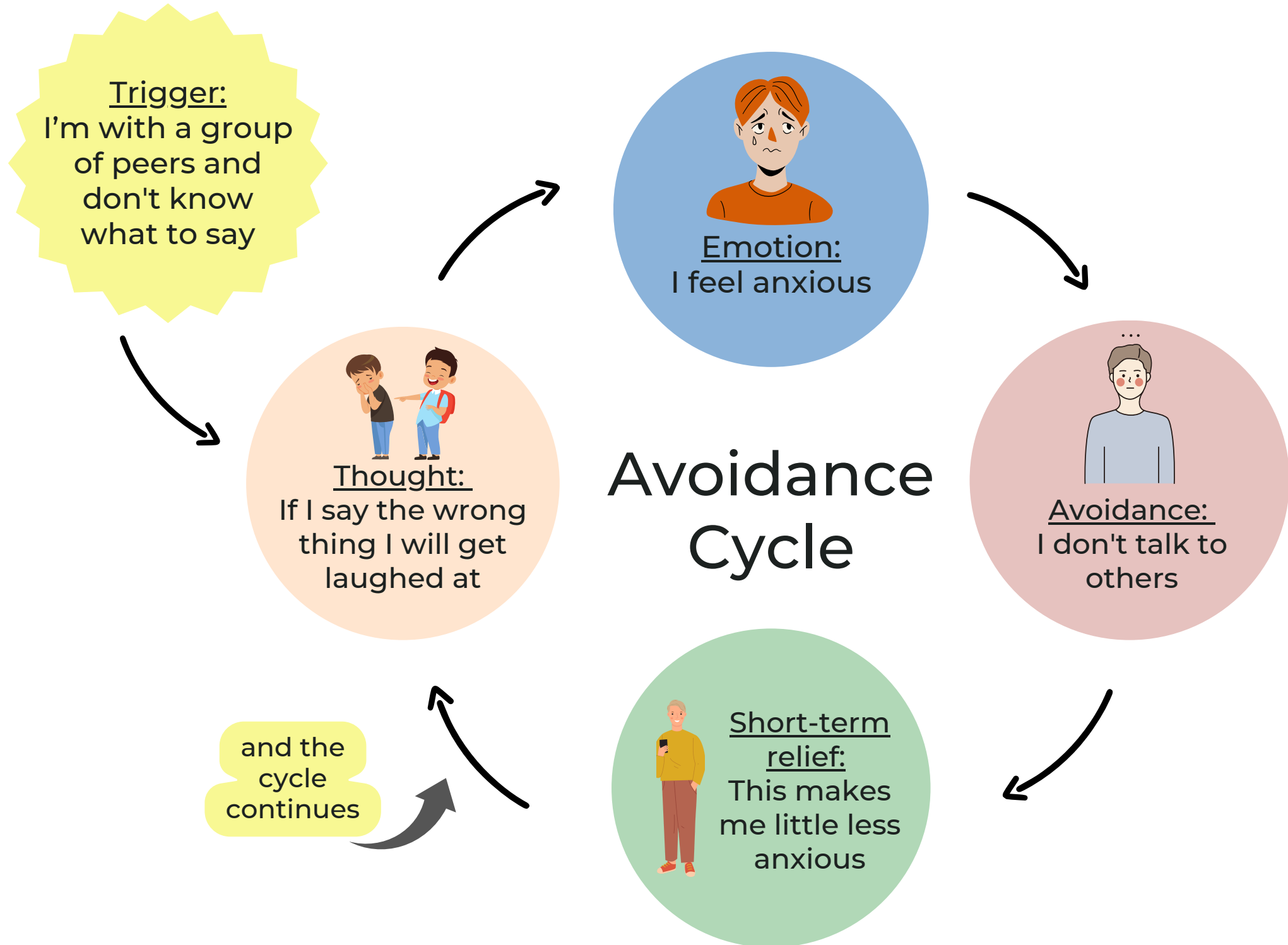
Thought:  
If I say the wrong  
thing I will get  
laughed at

# Avoidance Cycle

Avoidance:  
I don't talk to  
others

Short-term  
relief:  
This makes  
me little less  
anxious


and the  
cycle  
continues





# Avoidance Cycle

Trigger:  
There's a lot of  
new events  
coming up in  
my life

Emotion:  
I feel afraid

  
Thought:  
If I am not 100%  
prepared  
everything will  
go wrong

  
Avoidance:  
I avoid my new  
responsibilities  
and plans

  
Short-term  
relief:  
I feel a  
little less  
scared

and the  
cycle  
continues

Trigger:  
I moved to  
a new city

Emotion:  
I feel anxious

# Avoidance Cycle

Thought:  
I will get  
overwhelmed by the  
unfamiliar places &  
won't be able to  
handle it

Avoidance:  
I avoid going  
anywhere new and  
stay in bed

Short-term  
relief:  
I feel a  
little less  
anxious

and the  
cycle  
continues

