

The Cost of Avoiding Your Problems

Many people deal with problems by trying to avoid painful thoughts, feelings, emotions, and memories. While avoiding these unpleasantness experiences may help temporarily, this usually just works for a short period of time. Some people spend hours each day avoiding the things that would upset themselves or using this time to engage in. This worksheet is designed to help you recognize how you are avoiding your problems, and how to keep yourself from having situations and more fulfilling.

Begin by listing the most important to you and trying to avoid. These are the things that really upset you.

Let these that upset you.

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