

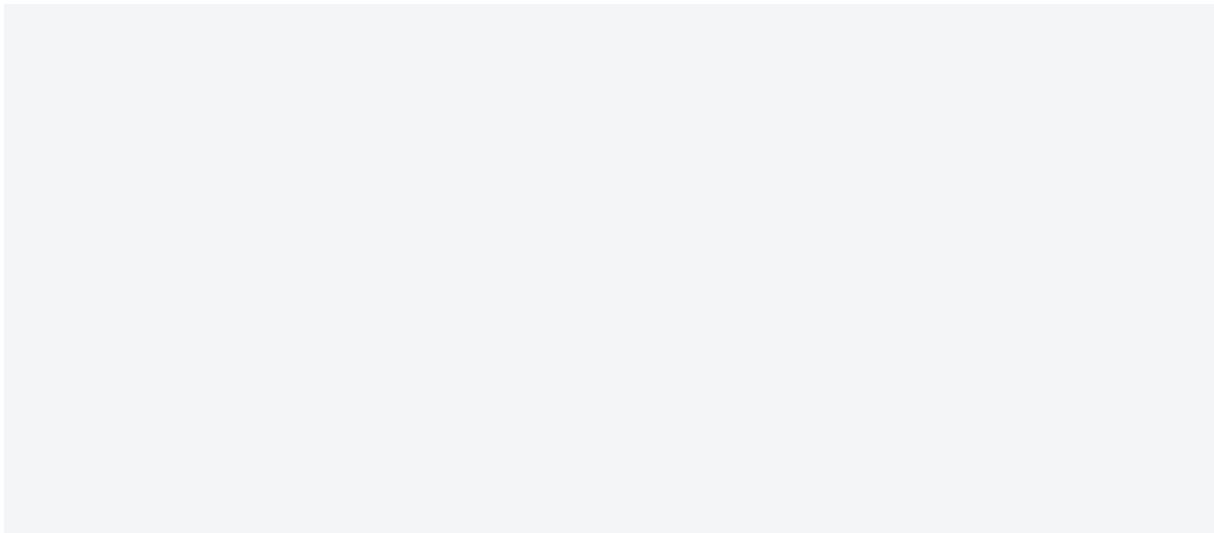
## Performing An Avoidance Stocktake

Avoidant strategies are most problematic when they stop you from being who you want to be or behaving in the way you wish to (Chen, 2019).

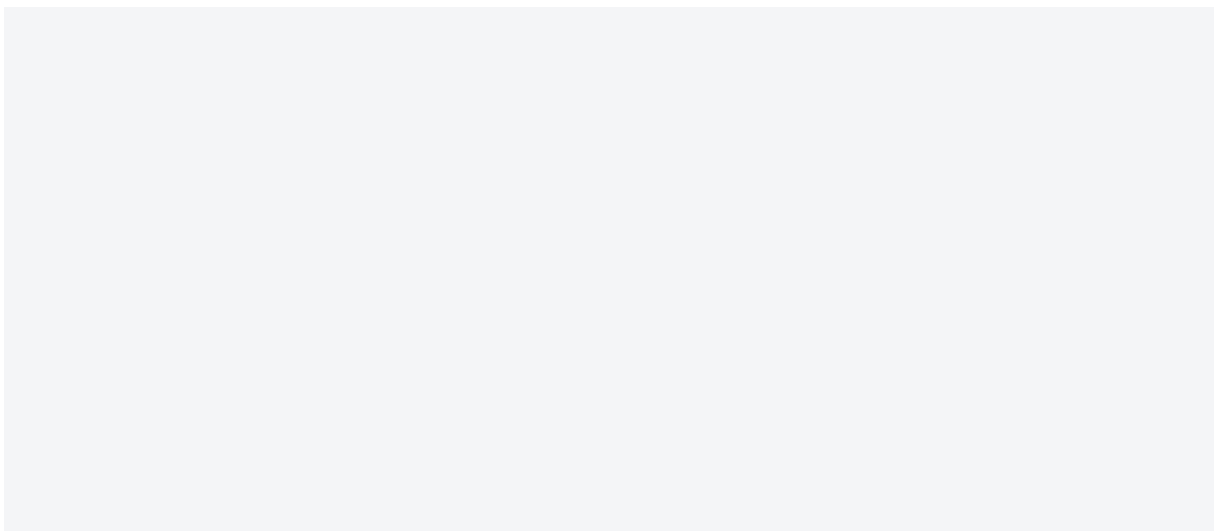
Use this worksheet to become more aware of the situations that cause stress and lead to avoidant behavior.

Answer the following questions concerning what you find stressful and the situations you avoid.

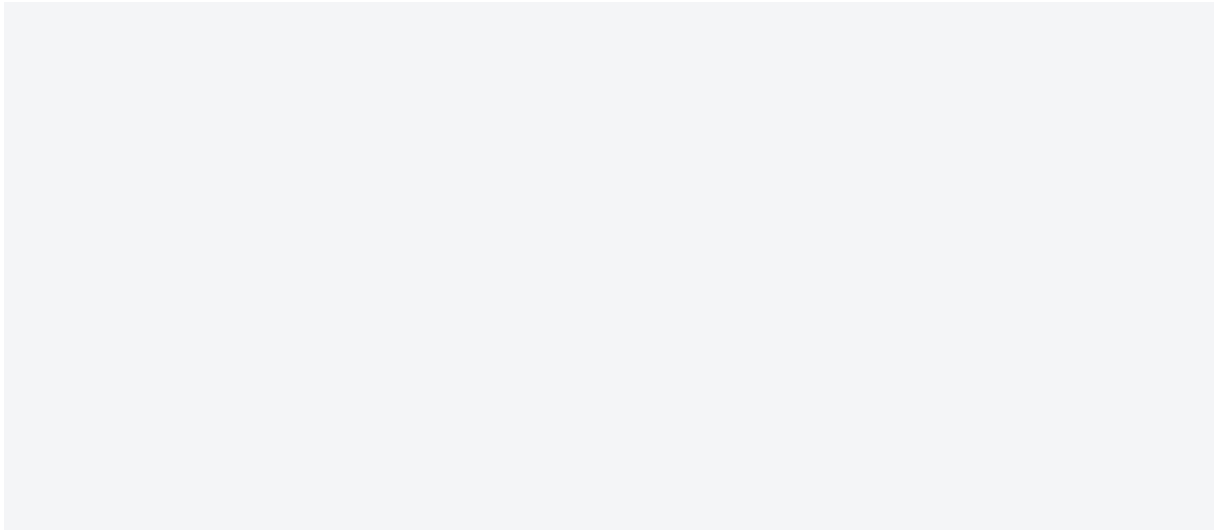
**What emotions are you experiencing when you are most stressed or likely to avoid a situation? For example, anger, fear, shame, guilt, hurt, or sadness, etc.**



**What are you looking for or need when you are most stressed or likely to avoid a situation? For example, affection, warmth, love, intimacy, etc.**



**What is happening when you are most stressed or likely to avoid a situation? For example, decision-making, losing autonomy, trying to be understood, etc.**



Some of your answers to the above questions will overlap, and that's ok.

Reviewing your answers should help you recognize those feelings and behaviors you find difficult. Rather than avoid them, why not explore them with your partner while showing yourself more self-compassion.

## References

- Chen, A. (2019). *The attachment theory workbook: Powerful tools to promote understanding, increase stability & build lasting relationships*. Emeryville, CA: Althea Press.

Dr. Jeremy Sutton