

Exercise: What do you do to avoid anxiety?

WORRY OFF-RAMP · CHAPTER 3

Name

Date

Do you observe any avoidance activity in your own life? Are there situations, people, or events that you skirt in order to keep your stress or anxiety down? Do you use substances to relax before approaching events or situations? Do you notice any mental rituals or habits you use to keep anxiety in check? Write any avoidance behavior you notice in yourself in the space below.

Writing space

[illegible]