



Facing up to avoidance

If we avoid difficult situations we might act against our values. Face up to avoidance to prove you can cope.

One way to control our emotions is to avoid situations that trigger unpleasant feelings.

Avoidance gives us immediate relief from uncomfortable feelings, but can mean we end up acting against our values or missing out on achieving our goals.

Unfortunately, avoidance also means our mind becomes convinced we can't cope with unpleasant feelings.

By facing up to avoidance you can convince your mind that you can cope!

5 COPING THOUGHTS TO HELP YOU FACE UP TO AVOIDANCE.



I'll be OK.



If I just do this, then it will be over soon.



I can handle this; I've survived worse before.



I'm in control; I can do this.



Not everything in life is what you want it to be; I can deal with this.



Write your own coping thought

