

# The things that you avoid

Write **what** you are avoiding here:

People:

Places:

Situations:

Conversations:

Things:

Also, consider the things you do to hide your fears:

- Checking e.g. lights, locks, information
- Clinging: looking for reassurance or help
- Doing: no time to stop, think and reflect
- Floating: - being one step back and disconnected from things
- Hiding: blending into the background
- Leaning: on alcohol, drugs, tablets or people to get by
- Shouting: being angry/intolerant or critical

Choose **one thing** to change

Write it here:

**Now make a plan:**

Step 1: Break it into chunks

Step 2: Think of creative ways to tackle the first chunk

Step 3: Choose an idea and make a plan to do it

Step 4: Check the plan and put it into action

Write your plan here:

Write **where** you want to aim for here

Make a series of plans to step by step to move forwards.