

Checklist Identifying the vicious circle of avoidance.



As a result of how you feel, do you:	Tick here if you have noticed this – even if just sometimes
Avoiding specific situations, objects, places or people because of fears about what harm might result?	
For example, shops, heights, spiders, meeting or talking to people	
Putting off dealing with important practical problems (both large and small)?	
For example, delaying paying a bill when money is tight	
Not really being honest with others?	
For example, saying yes when you really mean no or by not saying things that you really want to	
Trying hard to avoid situations that bring about upsetting thoughts/memories?	
Avoiding physical activity or exercise that you should be able to do, because you have lots of worries about your physical health?	
Avoiding opening or replying to letters?	
Sleeping in to avoid doing things or meeting people?	
Looking to others to sort things out for you?	
Avoiding answering the phone, or the door when people visit?	
Avoiding having sex because of anxiety?	
Avoiding talking to others face to face?	
Avoiding being with others in crowded or hot places, or busy and large shops?	
Avoiding going on buses, in cars, taxis, etc., or any places where it's hard to escape?	
Avoiding being in situations where you may need to talk/do things with others?	
Avoiding walking alone far from home?	
Stopping attending religious services, night classes or local pubs/clubs because it feels just too much to cope with at present?	

Having completed these questions, reflect on your answers using the three questions below:

- 1). Am I avoiding doing things as a result of anxiety? Yes No Sometimes
- 2). Has this reduced my confidence in things and led to an increasingly restricted life? Yes No Sometimes
- 3). Overall, has this worsened how I feel? Yes No Sometimes

If you have answered Yes or Sometimes to all three questions, you are experiencing a pattern of worsening avoidance.