

Your patients' Vicious Circle of Avoidance



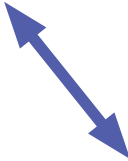
VICIOUS CIRCLE OF AVOIDANCE

Symptoms
Write in what they notice here



**How does this Worsen
how they/others feel?**

Avoidance
What are they avoiding?



Specific Consequences:
Write in the consequences here: