

# **CBT AVOIDANCE WORKSHEET**

What is the theory behind this “CBT AVOIDANCE WORKSHEET”?

Cognitive Behavioral therapy (CBT) has proven to be very useful when it comes to changing avoidance behaviors. If the task or a situation creates anxiety for a person then the person makes every attempt to avoid these situations or tasks.

How will this worksheet help you?

This worksheet will assist you in targeting your avoidance behavior and change it. It will induce courage in you to face your fears and reduce your anxiety.

How to use the worksheet?

Please see the instructions in the worksheet and try to work on this sheet at least 3-4 times in a week for optimal and steady results.

## CBT AVOIDANCE WORKSHEET

<b>Find and identify your target</b>	<b>Action</b>	<b>Coping</b>	<b>EVALUATE</b>
What situations do you usually avoid? what you would like to be able to face, rather than avoid	Decide on the steps you need to take. Break it down into manageable chunks, like steps on a step ladder leading up to the top or BIG one. Take one step at a time, starting at the bottom.	Write down all your coping strategies and use those that are going to be most useful for that situation.	After you've actioned the steps, review how things went. What went well? What didn't go so well? What could you do differently next time?

Reference:

Beck, J. S. (2011). Cognitive behavior therapy: Basics and beyond (2nd ed.). New York, NY, US: Guilford Press, from <https://img3.reoveme.com/m/be38edbbfc79330a.pdf>

You can find more wellness and mental health worksheets [here](#).