



## Avoidance Form

We could use this form with the dissolve resistance form to help lower the discomfort of confronting something that you are avoiding.

- List the things you are avoiding.

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- Describe how avoiding these people, situations or your own feelings is affecting you.

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- Describe how you might feel if you confront these situations.

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- Describe the steps you could take to confront these situations

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- Write about the difficulties and discomfort you may feel as you confront these situations

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- Write how you feel after you take a step towards confronting a particular situation.

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