

WELLNESS JOURNAL

Avoidance

TURN AVOIDANCE INTO EMPOWERMENT

"Procrastination is the thief of time." ~ Edward Young

Turning avoidance into improvement is simple, just follow these steps:



Recognise Avoidance Patterns:

Observe what you avoid—be it tough talks, tasks, or emotions like anxiety. Identifying these patterns unveils triggers, aiding understanding and initiating change.



Break Tasks, Build Momentum

Divide overwhelming tasks into manageable steps. Act consistently, celebrating each completion. This desensitises avoidance, diminishing anxiety and fear over time.



Journal for Insight

Record thoughts, emotions, and avoidance instances. Spot patterns—triggers, themes—in entries. Journaling guides self-exploration, reveals patterns for addressing avoidance's underlying causes.

