



The Avoidance Loop

Understand short relief and long-term cost

Avoidance makes sense: it protects us from discomfort right now. But when a safe situation is repeatedly avoided, the brain may learn that escape was the only reason we coped. Small, supported approaches can teach a different lesson.

1. Trigger

A safe but anxiety-provoking situation appears.

2. Avoid

I cancel, delay, withdraw or distract.

3. Relief

Anxiety drops quickly, so avoidance feels effective.

4. Loop strengthens

The situation feels harder next time and life becomes smaller.

Choose a manageable, genuinely safe step. Trauma-related exposure or overwhelming fears are best approached with a qualified professional.

My trigger

How I usually avoid it

The short-term relief and longer-term cost

The smallest safe approach step I could try
