

# humantold

## Getting Unstuck from Avoidance

This activity is about breaking the avoidance cycle and moving towards action.

What are the emotions, physical sensations, memories, and urges that are putting your life on hold? What would it mean to start accepting them and start living again? Here are a few examples of reasons we put our life on hold and what we could achieve if we accepted our emotions:

- If I weren't so self-conscious about my body, I could date.
- If I weren't so anxious, I could meet new people.
- If I didn't experience panic attacks, I could go to the gym.
- If I didn't feel so inadequate, I could accept the job offer.
- If I didn't have these memories, nightmares, and flashbacks, I could socialize.

This may not work in all situations, but try it out for yourself.

Fill in the blank with your own emotional obstacle and what you could achieve:

If I didn't \_\_\_\_\_, I could \_\_\_\_\_.

What would you have to accept to get unstuck?

- ~~If I weren't so self-conscious about my body, I could date.~~
- ~~If I weren't so anxious, I could meet new people.~~
- ~~If I didn't experience panic attacks, I could go to the gym.~~
- ~~If I didn't feel so inadequate, I could accept the job offer.~~
- ~~If I didn't have these memories, nightmares, and flashbacks, I could socialize.~~
- If I didn't \_\_\_\_\_, I could \_\_\_\_\_.

This is one way that may allow us to invest less time and energy in what we are trying to avoid, and invest in building meaningful lives.

Gustafson, C. (2019). *Reclaim your life: Acceptance & commitment therapy in 7 weeks: Strategies to manage depression, anxiety, Ptsd, Ocd, and more*. Rockridge Press.