

Name _____

Date _____

AVOIDANCE BREAKER

Please respond to the statements below with the appropriate response to the right.



Strongly Agree Agree Not Sure Disagree Strongly Disagree

1. There are times when I am avoidant about doing things I want to do	SA	A	NS	D	SD
2. I use words like "I have to" and "should" more than "I would like to" or "prefer to"	SA	A	NS	D	SD
3. Sometimes if I just do a little bit of something then I really get rolling	SA	A	NS	D	SD
4. I am good at breaking my goals down into small steps	SA	A	NS	D	SD
5. Sometimes I get confused about who I am really doing things for; myself or other people	SA	A	NS	D	SD
6. Sometimes if I avoid one thing I am able to shift my energy somewhere else and make progress there	SA	A	NS	D	SD
7. I have considered delegating some of the jobs or tasks that I avoid to another party	SA	A	NS	D	SD
8. I understand there are benefits to avoidance and sometimes I forget to consider what they are	SA	A	NS	D	SD
9. When I overcome my avoidance I feel more mature and competent	SA	A	NS	D	SD
10. I tend to avoid doing things other people nag me about	SA	A	NS	D	SD

Generally speaking, I am better at avoiding avoidance in: *(circle)*

Social matters

Financial matters

Health matters

Please identify a part of your life or a situation where you tend to stay on top of things:
