

Avoidance/Engagement Worksheet

The objective of this worksheet is to track *avoidance* versus *engagement*. For each day of the week, evaluate whether you more avoidant or more engaged. This can either be with reference to a specific task, or, your overall attitude as you performed activities during the course of the day. Use a scale from 0 to 10 for each column, where “0” is none and “10” is maximum – but make sure the third column adds up to 10. We want for you to try to move from avoidance to engagement. Without engagement, you won’t get better. Even worse – without engagement, you’re just reinforcing avoidance. But be careful – sometimes what looks like engagement really is a form of avoidance, especially if you’re just doing things mindlessly, so you don’t have to deal with the real problem.

Day	Avoidance	Engagement	Total Score
Sunday			10
Monday			10
Tuesday			10
Wednesday			10
Thursday			10
Friday			10
Saturday			10

Synonyms for Avoidance

abstain	let it be
accepting	mindless
acquiesce	paralyzed
avert	passive/aggressive
bypass	perseverating
comfortable	procrastinate
deflect	refuge in substances
deprioritize	resting
deteriorating	retreat
disconnected	ruminating
distracted	run away
divert	run for cover
dodge	shirk
don't do it	shrink from
elide	shun
escape	shy
evade	sidestep
flee	skip
hide	stay away from
hold off	staying at home
I don't care	staying busy
I don't want to	steer clear of
ignore	step aside
immobilized	surrender
impulsive	tolerate
indecisive	turn away
isolated	unthinking
it's not important	withdraw
lay low	yield

Synonyms for Engagement

act	just do it
activated	mindful
alert	motivated
assail	negotiate
assertive	relate
attentive	resolve
aware	responsive
challenged	take the initiative
committed	throw yourself into it
communicating	willing
confront	
connected	
curiosity	
discuss	
doing stuff	
effective	
encounter	
exercise/diet/sleep	
experience	
experiment	
exposure	
focused	
go for it	
hopeful	
in the world	
interactive	
interested	
intervene	
intrude	