AVOIDANCE LOG

Date: June 29th

WHAT TASK AM I PUTTING OFF?

Making a dentist appointment

CURRENT ANXIETY LEVEL: 666666000

WHY AM I AVOIDING IT?

- · It's gonna hurt (I cried last time)
- · I'm afraid I might have a cavity
- · I hate the sound of dental tools on my teeth
- · I got new insurance, but I'm not sure where my card is

WHAT FEARS MIGHT BE MAKING IT WORSE THAN IT IS?

- · Potential pain
- · Guilt for not flossing more

- · Being judged
- · Unsure of cost
- · Embarrassment

WORST POSSIBLE OUTCOME IF I KEEP PUTTING IT OFF:

My teeth get worse, I get more cavities, and I end up needing a root canal or some other dental surgery

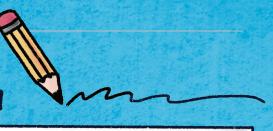
BEST POSSIBLE OUTCOME WHEN I'M FINALLY DONE:

It'll be over and I can finally stop worrying about it (and it turns out I didn't have any cavities)

TINY STEP(S) I COULD DO IN UNDER 5 MINS TO MAKE PROGRESS:

- □ Look for my insurance card
- ☐ Find their number online

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Date: WHAT TASK AM I PUTTING OFF? CURRENT ANXIETY LEVEL: OOOOOOO WHY AM I AVOIDING IT? WHAT FEARS MIGHT BE MAKING IT WORSE THAN IT IS? WORST POSSIBLE OUTCOME IF I KEEP PUTTING IT OFF: BEST POSSIBLE OUTCOME WHEN I'M FINALLY DONE: TINY STEP(S) I COULD DO IN UNDER 5 MINS TO MAKE PROGRESS: