

AVOIDANCE & SUFFERING DIARY
(From Russ Harris 2008. The Happiness trap.)

Fill this in at least once a day, to increase awareness around the costs of trying to avoid or get rid of painful thoughts and feelings.

Painful Thoughts/ Feelings/ Sensations/ Memories that showed up today	What I did to escape, avoid, get rid of them, or distract myself from them	What that cost me in terms of health, vitality, relationship issues, getting stuck, increasing pain, wasted time/money/energy etc.