

Experiential avoidance

This ACT term means the process of avoiding your own experiences i.e. you own thoughts, feelings, memories and behaviours.

Take another look at your coping strategies exercise that you completed in week 1.

Ask yourself if they involved avoiding an experience?

Did you think they worked in the short term? Probably they did.

What about in the long term? Were they effective in the long term? Did they fix your problem?
Probably they were not so helpful?