



## **The Costs of Avoidance**

(From Russ Harris (2008) the Happiness trap)

Complete the following sentences:

- The thoughts I'd most like to get rid of are...
- The feelings I'd most like to get rid of are...
- The sensations I'd most like to get rid of are...
- The memories I'd most like to get rid of are...

Next, take a few minutes to write a list of every single thing you've tried in order to avoid or get rid of these unpleasant thoughts or feelings.


Try to remember every strategy you have ever used (whether deliberately or by default).

Distraction: list everything you have ever done to distract yourself from, or 'zone out', or take your mind off these painful thoughts, feelings, sensations or memories.
