

Example Form 9.1a: List of Emotional Behaviors

The purpose of this list is to help you identify some of the emotional behaviors you’re using to avoid your emotions. We will return to this list later in treatment when we’ll ask you to face some of the situations and activities you’ve been avoiding because they might generate strong emotions. If you have trouble figuring out which columns to put a strategy in, that’s okay. The most important part is that you begin to record the variety of emotional behaviors you are engaging in.

Overt Avoidance	Subtle Behavioral Avoidance	Cognitive Avoidance	Safety Signals	Emotion-Driven Behaviors
Avoid taking public transit	Not making eye contact during difficult situations	Listen to music when commuting	Always carry cell phone and charger	Apologize excessively when I’ve upset my partner
Don’t bring up difficult topics with partner	Saying “I don’t know” when anyone asks me my opinion	Watch TV when feeling stressed	Wear lucky necklace before big presentations at work	