

Example Form 9.1b: 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
Grocery store Driving during rush hour Driving on bridges Crowds	Make sure my work is perfect before turning it in	Read to fall asleep Watch TV Clean when I should be working Tell myself not to think “bad” thoughts	Medication Book	Grip the steering wheel tightly Insult strangers when driving Jostle people who get too close to me