

# Stomp Out Avoidance

Although there are many times when avoidance is helpful, there are times when avoidance is not helpful. There is a saying that is something like this:

*"Ships are safe in their harbor, but that's not what they're intended to do."*



Avoiding situations that seem scary to us sometimes can't and shouldn't always be avoided. For instance, if you wanted to swim but avoided water, how would you ever learn to swim? You would take it one step at a time:



## Task:

Consider something that you have been avoiding that causes you worry or feelings of being anxious. Break it down into manageable steps and identify the steps:

