

Avoidance

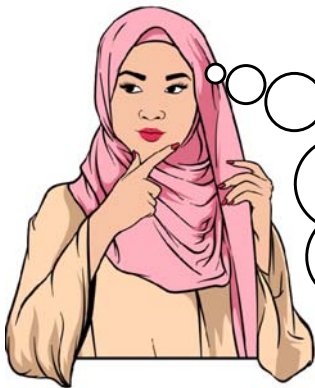
Explain what's wrong with this thinking and provide advice for each situation. Provide a couple of steps that counter the avoidance.



I just won't go to the party. That way I can avoid talking to people and worry about what they think.



I will fake that I'm sick and I won't have to do my presentation in front of the class.



I have no idea what I'm supposed to do but I'm not asking and making myself look like a fool.



I'm going to pretend I'm not hungry, that way nobody will see me eating.