

Avoidance

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



I'm not going to the movies, I won't know anyone and that way I don't have to talk.



I am going to fake that I'm sick and that way I can miss taking the test.



I am not trying out for the team, I probably wouldn't make it anyways.



I'm staying in at recess, nobody will play with me if I go out.