

FACE: Overcoming Avoidance

Overcome your anxiety by learning to FACE the situations you normally avoid.

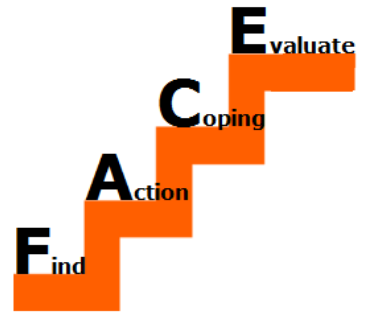


Find and identify your target – what you would like to be able to face, rather than avoid

Action – decide on the steps you need to take

Coping – identify and use your coping strategies

Evaluate – how did it go?



FIND

Identify what you would like to be able to FACE, rather than avoid. You could write a list of several targets to face, then choose one that is not too distressing. You can gradually work through the list, from least distressing to most distressing.

ACTION

Decide on the steps you need to take. Break it down into manageable chunks, like steps on a step ladder leading up to the top or BIG one. Take one step at a time, starting at the bottom.



COPING

Write down all your coping strategies and use those that are going to be most useful for that situation.

EVALUATE

After you've actioned the steps, review how things went. What went well? What didn't go so well? What could you do differently next time?

Decide whether you need to repeat this step, or move up to the next step.