

# Avoiding Feelings

The table below lists a number of strategies commonly used to manage unpleasant feelings. It is not exhaustive; you might be able to think of some more. Take some time to notice any strategies that you use. If you come up with more strategies add them to the list. See if you can work out which feelings you avoid by using each strategy. Think about friends and family members and see if you know which strategies they use.

<b>Ways of avoiding feelings</b>	<b>I do this</b>	<b>The feelings I avoid</b>
Avoid spending time with other people		
Blame other people		
Break things		
Daydream		
Drink alcohol		
Eat junk food		
Exercise too much		
Lie		
Listen to music really loudly		
Make a big deal out of feeling sick or hurt		
Obsess about something else (like how you look, what you should have said, or how well you do in school)		
Pick fights with people		
Play computer games excessively		
Pretend you don't care		
Restrict the amount of food you eat		
Say mean things about other people		
Steal		
Take drugs		
Tease other people		
Try not to be noticed		
Try to please other people		
Use internet and social media excessively		
Watch TV excessively		