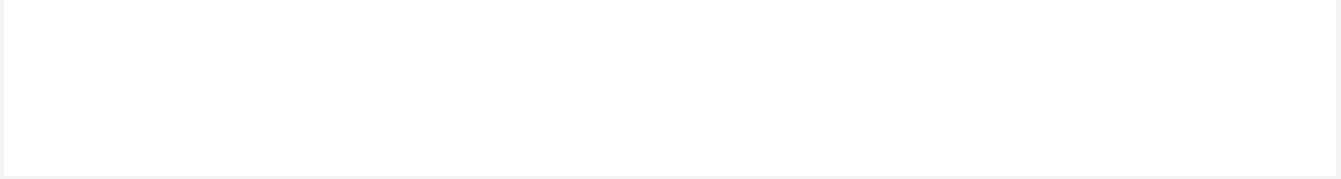


Anxiety & Avoidance Cycle

A client worksheet for understanding why anxiety sticks around, and how to break the loop using ERP, CBT, and ACT.



B) CBT (Cognitive Behavioral Therapy)

CBT targets the threat story (the meaning your mind assigns). The goal isn't "positive thinking." It's accurate thinking — and then testing it with behavior.

Anxious thought (write it exactly as it shows up)

5) ACT skills: make room, move forward

ACT helps you stop treating thoughts and feelings like commands. The goal is a bigger life, not perfect comfort.

ACT in 3 moves

Defusion: unhook from thoughts. **Willingness:** allow sensations to be present. **Values:** take the next right step anyway.

7) Weekly progress tracker

Track behavior change (approach) and confidence — not just how calm you felt.

This week I practiced approaching (instead of avoiding) _____ times.

Average anxiety BEFORE practice (0–10): _____ AFTER practice (0–10): _____

Average confidence afterward (0–10): _____ What I'm learning about myself: