Distressing Thoughts, Feelings, Bodily Sensations

(e.g., "I'm going to fail", anxiety, stomach churning, guilt)

## Long-Term Costs of Avoidance

- 1.) It's exhausting and takes away time from my life
- 2.) I don't engage meaningful activities in my life
- 3.) Intensifies the thoughts, feelings, etc. I was trying to escape from in the first place and adds additional distress

Short-Term Relief (e.g., I briefly feel better) Actions I Take to Avoid/Escape These Experiences (e.g., stay in bed, binge eat, excessively prepare, drink alcohol)

