Stop Avoiding Situations That Make You Anxious

Many people deal with their anxiety and panic attacks by simply avoiding the situations that cause them to be fearful. While avoidance may reduce anxiety in the short-term, it will also restrict your life unnecessarily and possibly exacerbate your fears and worries in the long run. To conquer your fears and anxiety you must learn to tolerate the situations that bother you, rather than avoid them. I know this sounds difficult, but study after study tells us that this is the best way to rid yourself of anxiety. The first step is to prioritize the situations that you avoid because they make you anxious.

Put a number by the situations or places you avoid when you are alone because they make you anxious. Put a number 1 by the situation/place you avoid most, a number two by the situation you avoid, next and so on.

_____Airplanes

_____Subways

_____Buses or trains

_____Boats or ships

_____Theaters

_____Shopping Centers

_____Supermarkets

_____Standing in lines

_____Auditoriums or stadiums

_____Parties or other social gatherings

_____Crowds

_____Restaurants

_____Museums

_____Elevators

_____Enclosed spaces

_____Tunnels

_____Driving or riding in a car

_____Large rooms such as the lobby in a hotel

_____Walking on the street

_____Courtyards

_____High places

_____Travelling away from home

_____Staying home alone

_____Crossing bridges

_____Other_____

_____Other_____

_____Other_____