

The Approach-Avoidance Tool

	Avoid	Approach
Actions	<p>What behaviors does the patient do to get away from difficult thoughts, feelings, sensations, and situations? (e.g., distracting behaviors, drugs / alcohol, etc.)</p>	<p>What behaviors does the patient do that are consistent with what matters and who matters?</p>
Thoughts	<p>What thoughts, feelings, and sensations does the patient try to control, ignore, suppress, or avoid? What unworkable rule(s) is the patient following?</p>	<p>What matters to the patient? Who matters to the patient? What helpful rules is the patient following?</p>
Feelings		
Sensations		