
Avoidance and Coping Strategies

Instructions: Complete a separate copy of this form for each relevant fear or phobia.

Phobic object or situation: Heights

Avoidance or Coping Strategy	Examples
<u>Refusing to approach the situation</u>	<u>I won't go higher than the fourth floor of a building.</u>
<u>Escaping from the situation</u>	<u>I'll move away from the edge if I feel anxious.</u>
<u>Distraction</u>	<u>I keep my eyes averted from the edge; I try to keep my mind occupied so I am not so aware of how high I am.</u>
<u>Alcohol/medications/drugs</u>	<u>None.</u>
<u>Excessive protection</u>	<u>Sometimes I'll do some research to see how old a bridge is before I'll consider crossing it.</u>
<u>Safety signals</u>	<u>I prefer to be accompanied.</u>

Figure 4.4

Example of Avoidance and Coping Strategies form