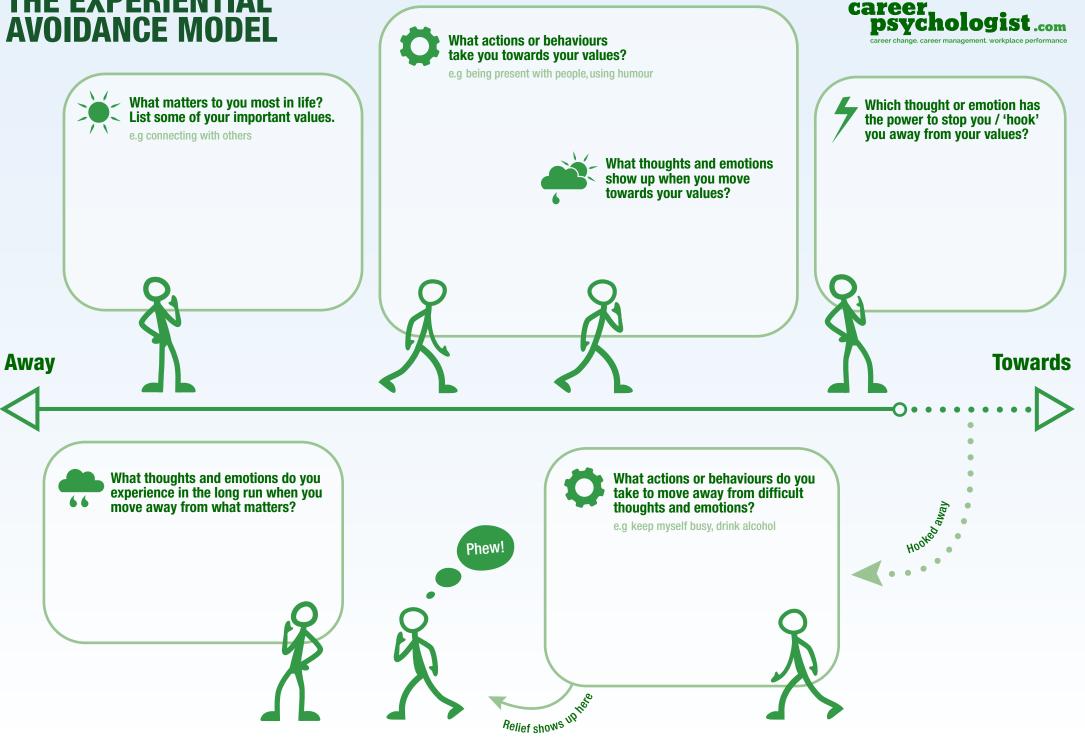# THE EXPERIENTIAL AVOIDANCE MODEL

What matters to you most in life? List some of your important values.
e.g connecting with others

What actions or behaviours take you towards your values?
e.g being present with people, using humour

What thoughts and emotions show up when you move towards your values?

Which thought or emotion has the power to stop you / 'hook' you away from your values?

Away

Towards

What thoughts and emotions do you experience in the long run when you move away from what matters?

What actions or behaviours do you take to move away from difficult thoughts and emotions?
e.g keep myself busy, drink alcohol

Phew!

Hooked away

Relief shows up here