

Worksheet: Avoidance Inventory

This worksheet is designed to help you recognize what emotions, tasks, or conversations your digital habits may be helping you avoid. By increasing awareness, you can begin to respond with greater intention rather than defaulting to distraction.

Complete each sentence below honestly. There are no wrong answers, just patterns to notice.

- I usually check my phone when I feel _____.
- I avoid conversations with my partner by _____.
- I delay dealing with _____ by scrolling/watching/playing.
- My device makes it easier to avoid _____.

Reflection:

- What would it feel like to face these moments without your device, just once this week?

- What would you need (emotionally or practically) to do that? _____

- Which avoidance pattern feels least difficult for you to change? Try choosing that one, and don't avoid it, just for this week.
