



****Here are 9 types of avoidance coping to look out for.****

1. You avoid taking actions that trigger painful memories from the past.

For example, you avoid asking questions. Avoiding things that trigger difficult memories is one of the most important and common types of avoidance coping.

2. You try to stay under the radar.

People who have a sense of [defectiveness](#) often try to stay “under the radar.” (They often fear things like being kicked out of the university) – their success may feel fraudulent to them... They feel like if they're noticed, their flaws will be revealed.

3. You avoid reality testing your thoughts.

For example, you're worried your child is on the autism spectrum and you put your head in the sand or just read stuff on the internet rather than seek a professional assessment.

4. You try to avoid the potential for people being mad at you.

For example, you avoid asking for things you want in case the person gets mad at you for asking. People who are very concerned about others potentially being mad at them might just be people-pleasers, or they may have anxiety about rejection.

Often trying to avoid experiencing other people being angry backfires and you end up doing things that are more likely to cause anger (e.g., you avoid telling someone you can't go to an event, squeeze it in, and then end up arriving really late.)

5. You have a tendency to stop working on a goal when an anxiety-provoking thought comes up.

For example, you tend to quit difficult goals or tasks if you start thinking, “This is hard” or “I'm not sure if I'm going to be able to do this.”



6. You avoid feeling awkward.

You avoid potentially awkward conversations not so much because you fear the consequences but because you have a tendency to avoid any feelings of awkwardness.

7. You avoid starting a task if you don't know how you're going to finish it.

Don't worry about all the steps, just do the first logical step. Action is much more likely to produce new insights than ruminating.

8. You avoid certain physical sensations.

People with body image issues might avoid sexual sensations that activate their body image concerns.

Overeaters sometimes avoid feeling even a little bit hungry (e.g., they eat before they feel sensations of hunger).

9. You avoid entering situations that may trigger thoughts like "I'm not the best. I'm not as good as other people."

If your sense of self-worth is based on being better than average in all important areas, you'll struggle with situations that trigger unfavorable social comparison.