

Understanding and Untangling Avoidance

When avoidance becomes a habit, it's usually not because we're lazy—it's because something underneath feels hard. These prompts are designed to help you get curious, not critical, so you can understand what's really going on and begin to move forward with more self-trust and intention.

1. What's something I've been putting off—and how do I feel when I think about it?

2. What thoughts, fears, or stories come up when I imagine starting (or finishing) it?

3. Am I avoiding discomfort, fear of failure, someone's reaction—or something else?

4. What's the cost of continuing to avoid this? What's the potential benefit of facing it?

5. Have I been here before? What helped me move through it last time?

6. What's one small step I could take—even if I'm not “ready”?

7. If I could speak to myself with compassion right now, what would I say?

Final Thought:

Avoidance isn't weakness—it's information. When you slow down and listen to what's underneath, you create space for gentler self-talk, better strategies, and progress that's rooted in self-respect.

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