

Exercise sheet

THE JOURNAL OF AVOIDANCE AND SUFFERING



Complete this sheet at least once a day.

It will help you become more aware of the costs related to avoiding or getting rid of thoughts and painful emotions. Thoughts, emotions, sensations and painful memories activated today.

Thoughts, emotions, sensations and painful memories activated today	What did I do to flee, avoid or get rid of them?	What were the costs of vitality, health, relationships, pain, time, energy, money, stacking ...?

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