



Therapy Unit 5: Decision Making

Worksheet 5.5a Avoidance and safety behaviours: Is all this really necessary?

Actions often taken to prevent harm	What applies to you?	How much sense does it make to you? (+5 = makes a lot of sense, 0 = doesn't make sense, -5 = only makes it worse)	What would happen if you refrained from carrying out this action? Have you ever tried that – what happened? How constraining is this behaviour in daily life and regarding your quality of life respectively? (+5 = hat many advantages, 0 = neither nor, -5 = clear constraint of quality of life)
Avoidance: e.g. avoiding crowds, police stations, particular foods, empty or public places			
Masquerade: e.g. sunglasses, headscarf, keeping eyes to the ground in public			
Protection measures: e.g. installing several locks, wearing lucky charms, blocking the bedroom door with a chair, making rounds to check for possible changes, carrying weapons, threatening gestures to warn off people who seem suspicious			
Preparing to escape from situations: e.g. being always on the go, standing next to the exit when using public transport			
Other			