



## Avoidance and Control Strategies

Human beings engage in a variety of behaviours in an attempt to sooth emotional or psychological pain. These are known as Avoidance and Control Strategies. We deploy them in order to feel better about ourselves or our situation, however they only serve to mask how we feel and usually only offer short term relief. Here's what they look like:

Alcohol/smoking/drugs/medications

Avoiding people, places or tasks

Blaming ourselves or others

Bullying/being negative towards othersco

Changing romantic relationships often

Control, a need for (over ourselves, over others, or the state of our home or work)

Creating drama

Eating – dieting or over eating

Excessive participation in a variety of activities/sports etc.

Excessive talking or socialising

Fantasising about the future

Gambling or gaming

Getting angry

Giving up

Gossiping

Gym junkie/fixation on exercise

Inability to see reality clearly

Junk food

Obsession with physical appearance, including weight

Over thinking or processing

Procrastination

Putting up with things or hoping certain things will go away

Risk taking behaviours

Sex – engaging in or thinking about sex involving another person

Sex – self pleasuring or watching porn

Sleeping

Social media

Spending/shopping

Staying busy with activity

TV/Netflix etc.

Workaholic behaviours

The key is to really figure out what's going on, and to face the underlying issues. You can then make peace with the discomfort and implement new and healthier strategies to replace the unwanted ones.