

# Identifying Psychological Avoidance

Are you consistently reaching your goals in all areas of your life?  
If not, what is getting in the way?

When asked this question, you may think of anxiety, stress, burnout, or sadness. All of these are real challenges, but they are symptoms of the main problem we all face—psychological avoidance.

**Psychological avoidance is any response to a perceived threat that brings immediate emotional relief but comes with long term negative consequences.**

What and how we avoid is as unique as we are, but *why* we avoid is always the same – it makes us feel better fast. Your avoidance tactic may seem helpful in the moment, but it will always cost you in the long run. To overcome psychological avoidance, we first must learn what it looks like for ourselves.

Let's pause and think about the last time you felt uncomfortable. Can you picture it? Who was around you? What did you feel in your body? Describe the situation below.

In this situation you described, what did you do?

Once you have a clear image of the situation and your response, answer the following questions:

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. Before I responded, was I feeling uncomfortable?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Once I responded, did my discomfort go down fast? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Is this pattern associated with a negative cost?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered **yes** to all these questions, you've identified the infection—psychological avoidance. Congratulations on taking the first step to living a bold life!

Being bold is not about being fearless; being bold is overcoming psychological avoidance to reach our full potential. Continue your bold journey at [drluana.com](http://drluana.com).