

Places You Have Been Avoiding

List the places you steer around, and put them in order from easiest to hardest.

WHEN TO USE THIS

Use this when your world has gotten smaller than you want it to be.

List places or situations you avoid, and how hard each one feels now.

PLACE OR SITUATION	HARD (0-10)	LAST TIME I WENT

Which one on that list would you miss the most if it stayed off limits?

Which one is the easiest? That is the one to start with.

Easiest, not most important.

You do not have to do the whole list. Going back to one place is the whole job for now.

Avoiding works fast and costs slow. You are looking at the cost, which is the hard part.