

# AVOIDANCE IDENTIFICATION CHART

**Directions:** Make a list of all the things you avoid. Rate the degree to which you avoid each item (0 = not at all, 10 = completely). Include items that are somewhat uncomfortable (4–7) along with ones you must completely avoid (9–10).

Situations or Objects Avoided	Degree Avoided (0–10)
<b>Examples:</b>	
• Using a public laundry	10
• Using the laundry in my apartment complex	6
• Touching a doorknob in a high-class restaurant	7
• Touching a doorknob in a fast-food restaurant	8
• Buying items that I saw someone else touch	8
• Checking out a book from the public library	4
• Picking up litter	10
<b>What I avoid:</b>	

Chart adapted from information in *Stop Obsessing!* by Edna Foa and Reid Wilson (Bantam Books, 1991), p. 61.