

Fear and Avoidance

Fear & Trust

Step-Working Guide · The Recovery Files

In this workbook

1. **Fear and Avoidance** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Fear and Avoidance

KEY IDEAS

Fear and Avoidance

Understanding the Barrier

Fear and avoidance are natural but often counterproductive tendencies to avoid painful situations. In recovery, they prevent necessary actions like making amends and engaging authentically.

The Cycle of Avoidance

Self-Reinforcing Patterns

The more we avoid, the more frightening situations become. Shame about our avoidance creates additional layers of fear, trapping us in cycles of anxiety and isolation.

Interpersonal Avoidance

Withdrawing from Connection

We may avoid amends, difficult conversations, or relationships due to fear of rejection or judgment. This isolates us from essential support and healing.

Emotional & Accountability Avoidance

Running from Feelings and Truth

Avoiding difficult emotions or responsibility prevents healing. We might distract ourselves, postpone amends, or refuse to admit mistakes to protect our ego.

Developing Courage

Moving Through Fear

Courage isn't the absence of fear, but acting despite it. Graduated exposure, support networks, and viewing fear as information can help us build resilience.

Transforming Relationship with Fear

From Barrier to Guide

Recovery offers the freedom to build a life of authentic engagement. By facing fears, we demonstrate profound change and build confidence in our ability to navigate challenges.

WORKSHEET

Fear and Avoidance Worksheet

MAPPING

Mapping Your Avoidance**Interpersonal Avoidance**

Examples (e.g., avoiding calls from mom):

Recovery Commitment Avoidance

Examples (e.g., skipping meetings when emotional):

Accountability Avoidance

Examples (e.g., delaying financial amends):

Shame-Based Avoidance

Examples (e.g., avoiding dating due to past):

REFLECTION

Deepening Understanding

What category of fear affects you most powerfully, and why?

How have your fear and avoidance patterns evolved in recovery?

What early warning signs indicate emerging avoidance patterns?

COURAGE

Developing Courage

What strategies have proven most effective for moving through fear?

How do you initiate action when experiencing significant resistance?

What role does external support play in helping you build courage?

PLAN

Action Plan

Specific fear/avoidance pattern to address:

Goal:

Small action steps:

Accountability measures:
