**DIRECTIONS**: The purpose of this checklist is to begin to identify all the big and small ways that you may try to avoid or get away from uncomfortable feelings. Listed below are behaviors that people sometimes use to manage or avoid feelings, such as anxiety, anger, fear or sadness. Read each item carefully and rate how often you use each behavior to deal with or avoid feelings or emotions.

Use the scale below to indicate ***how often*** you use or do the following things ***to deal with or avoid your feelings***.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Never** do to deal  with feelings | **Rarely** do to deal  with feelings | **Sometimes** do to deal  with feelings | **Usually** do to deal  with feelings | **Always** do to deal  with feelings |
| **0** | **1** | **2** | **3** | **4** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. | Carrying medications around with you or ask parent to do so | 0 | 1 | 2 | 3 | 4 |
| 2. | Having a phone with you | 0 | 1 | 2 | 3 | 4 |
| 3. | Asking a parent or friend to travel with you, when not necessary | 0 | 1 | 2 | 3 | 4 |
| 4. | Relying on a friend or parent to go to school when not necessary | 0 | 1 | 2 | 3 | 4 |
| 5. | Relying on a friend or parent to go to social gatherings when not necessary | 0 | 1 | 2 | 3 | 4 |
| 6. | Relying on a friend or parent to eat in public with you when not necessary | 0 | 1 | 2 | 3 | 4 |
| 7. | Listening to music | 0 | 1 | 2 | 3 | 4 |
| 8. | Watching television | 0 | 1 | 2 | 3 | 4 |
| 9. | Staying busy | 0 | 1 | 2 | 3 | 4 |
| 10. | Talking with others | 0 | 1 | 2 | 3 | 4 |
| 11. | Playing on the internet | 0 | 1 | 2 | 3 | 4 |
| 12. | Using IM or chatting via text messages | 0 | 1 | 2 | 3 | 4 |
| 13. | Checking where the phones are in a room | 0 | 1 | 2 | 3 | 4 |
| 14. | Checking where the bathrooms are | 0 | 1 | 2 | 3 | 4 |
| 15. | Checking where the exits are | 0 | 1 | 2 | 3 | 4 |
| 16. | Checking where nearby hospitals or clinics are | 0 | 1 | 2 | 3 | 4 |
| 17. | Checking your pulse, breathing, or blood pressure | 0 | 1 | 2 | 3 | 4 |
| 18. | Avoiding stressful situations | 0 | 1 | 2 | 3 | 4 |
| 19. | Avoiding situations that would make you angry. | 0 | 1 | 2 | 3 | 4 |
| 20. | Avoiding exciting events (e.g., concerts, sporting events) | 0 | 1 | 2 | 3 | 4 |
| 21. | Avoiding stress at school or at home | 0 | 1 | 2 | 3 | 4 |
| 22. | Avoiding specific foods or getting too full | 0 | 1 | 2 | 3 | 4 |
| 23. | Avoiding amusement park rides that might make you dizzy | 0 | 1 | 2 | 3 | 4 |
| 24. | Avoiding crowded stores | 0 | 1 | 2 | 3 | 4 |
| 25. | Avoiding buses, planes, trains, etc. | 0 | 1 | 2 | 3 | 4 |
| 26. | Avoiding parties or other social activities | 0 | 1 | 2 | 3 | 4 |
| 27. | Avoiding sit-down meals at restaurants or the school cafeteria | 0 | 1 | 2 | 3 | 4 |
| 28. | Avoiding being far from home | 0 | 1 | 2 | 3 | 4 |
| 29. | Thinking of excuses you can use to leave a situation early | 0 | 1 | 2 | 3 | 4 |