

Form 8.1 - List of Unhelpful Emotional Behaviors

In the space below, list the different ways you may be engaging in unhelpful behaviors to manage your emotions. Spend some time reflecting on how these behaviors are helpful at reducing distress in the short-term but, in the long-term, may keep you from doing things you value.

Overt Avoidance	Behavioral Avoidance	Cognitive Avoidance	Safety Signals