

FAMILY AND FRIENDS AVOIDANCE CHECKLIST

From the workbook
Information for families and friends

The checklist below describes common areas of avoidance.



As a friend/family member, are you:

Check here if
you have noticed
this—even if just
sometimes

Avoiding asking about anything to do with low mood or depression?

Avoiding talking to anyone else about your friend or relative's symptoms or about how they are feeling?

Putting off all decisions until the person is better? For example, putting vacations or other life plans completely on hold?

Not really being honest. For example, saying 'yes' when you really mean 'no'?

Trying hard to avoid situations that bring up upsetting thoughts/memories?

Brooding over things and no longer living your own life to the fullest?

Avoiding discussing how you yourself are feeling or coping?

Avoiding people or isolating yourself from others?

Avoiding expressing concerns about how children in the family are doing if there is a clear problem here? If there is, it's important to make sure the care that is needed is given.

Avoiding being assertive about your own needs?

Avoiding going out in public either by yourself or with the person you are supporting?

Avoiding being at home: keeping so busy that you don't have to think about the problem?

For partners/spouses—are you avoiding sex or physical intimacy? Perhaps you have fears of causing over-exertion or harm? Or perhaps you're not sure whether this would be imposing/inappropriate or not wanted right now?



Are you avoiding things in other ways? If so, write down here what you are avoiding: