

<ul style="list-style-type: none"><li>• What avoidance strategies do you use to avoid unpleasant thoughts, feelings, sensations?</li><li>• What are avoidance strategies you use to manage those thoughts/feelings that get in the way of doing what you'd like to do?</li><li>• DOTS</li></ul> <p>Distractions:</p> <p>Opting Out:</p> <p>Time Travel:</p> <p>Self-Harm:</p>	<ul style="list-style-type: none"><li>• What have you done in the past (things that matter to you, despite the intense thoughts and emotions that have threatened to derail your efforts)?</li><li>• What would you like to be able to do but can't because of thoughts/feelings that get in the way?</li></ul>
<ul style="list-style-type: none"><li>• What thoughts, emotions, physical feelings and urges do you try to avoid?</li><li>• What are thoughts and feelings that get in the way of things you would like to be able to do?</li></ul>	<ul style="list-style-type: none"><li>• What is important to you?</li></ul>