

# MASTERY OVER YOUR AVOIDANCE LOOP

Firstly, we can see that **success comes from completion of some key tasks.**

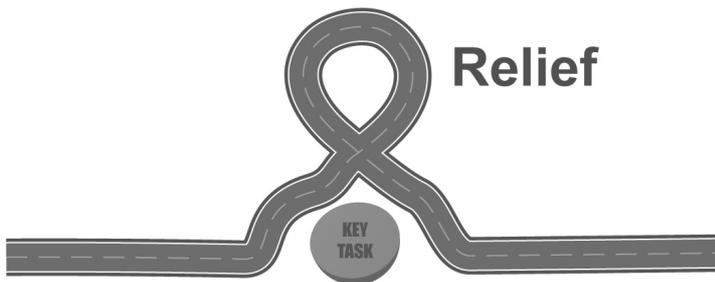
## SUCCESS



Completion of our **key tasks** is cause for celebration and an increase in confidence!

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## AVOIDANCE LOOP

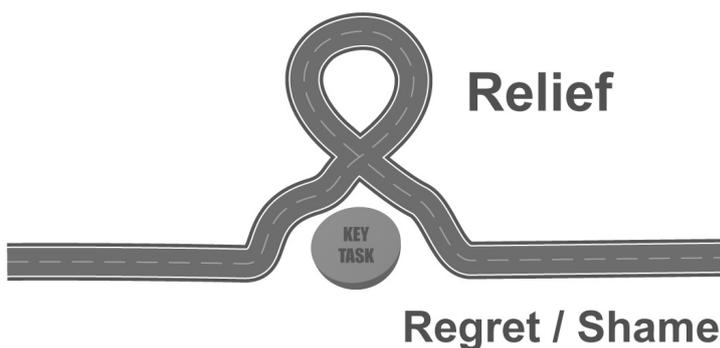


But what if you don't believe in yourself and when the time comes to do a task, such as read a chapter of a book, you find yourself reading three paragraphs, and then putting the book down, and checking social media, which gives you an immediate sense of relief.

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This feeling of relief was good, but the longer you spend on social media, other feelings come along:

## AVOIDANCE LOOP



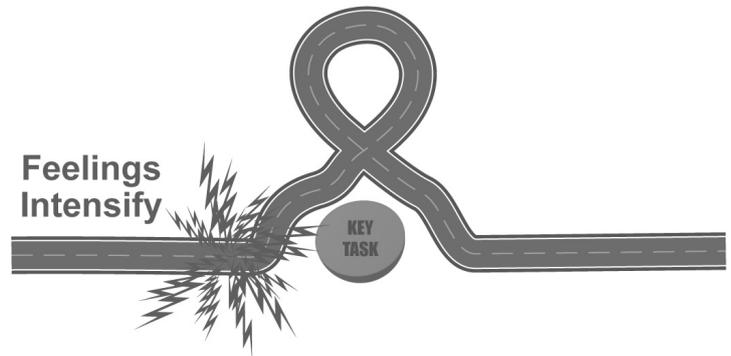
A few hours later, you realise that the day has passed and now that relief has become regret which can also quickly turn into shame, and you find yourself believing negative self-talk like, "I'm hopeless' and so-on, which is of course, totally untrue but at the time you may believe it to be a fact, which then only serves to worsen your feelings about the key-task.

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What if the problem isn't actually the task, like doing your tax or study, but your feelings about the task? For many of us, once we begin get into the task we say to ourselves, 'This isn't so bad after-all.'

The problem is that a habit like avoidance can make you so fearful of the task that you become almost phobic towards it and experience strong, negative feelings. When we avoid, we are relieved of these feelings, but it's only short-term relief as later on we feel bad and still have our tax or some study to do.

## UNDERSTANDING THE AVOIDANCE LOOP



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The solution is where you catch the avoidance in it's tracks and return to your task, as shown below:

## REWORKING THE AVOIDANCE LOOP



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The trick is to just get through the intense feelings at the start. You can do this by telling yourself some positive ideas (which we call positive self-talk) about your study, ranging from the modest, 'I'm going to do some good work right now', to the determined, 'I'm not going to give up on myself, these feelings will pass and I'll have done some good work' to the totally pumped up, "Fear has the same physiological ingredients as excitement, so I'm gonna get excited about doing some awesome study."

The main thing is to start, and once you start, whenever you find yourself avoiding, just return from the loop to the task. When you complete the task make sure you celebrate! Over time this will become a habit, and in time, good habits become your success-factors.

We often spend more energy on the avoidance than the time required to do the task.  
**It's important to understand that if you give up, you are giving up on yourself.**