

# Trigger

# Response

# Avoidance Pattern

Upsetting event	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)

**What are the SHORT TERM consequences of my Avoidance Pattern?**

**What are the LONG TERM consequences of my Avoidance Pattern?**

# Trigger

# Response

# Alternative Coping

<b>Upsetting event</b>	<b>Thoughts and feelings about the event</b>	<b>What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with my values? What will be the best course of action to increase my wellbeing?</b>
<b>What are the likely SHORT TERM consequences of my Alternative Coping plan?</b>		<b>What are the likely LONG TERM consequences of my Alternative Coping plan?</b>

# Trigger

# Response

# Avoidance Pattern

Upsetting event	Thoughts and feelings about the event	Specific examples of what I do to cope with these thoughts and feelings (e.g. avoiding, escaping, or withdrawing)
<p><i>Wife not spending as much time with me anymore</i></p>	<p><i>She doesn't care about me</i></p> <p><i>She doesn't understand how I feel</i></p> <p><i>She doesn't love me anymore</i></p>	<p><i>Isolate myself</i></p> <p><i>Make sarcastic remarks</i></p> <p><i>Stop asking my wife to do things with me</i></p>

**What are the SHORT TERM consequences of my Avoidance Pattern?**

*Continue to feel unappreciated*

*Atmosphere in the house remains tense*

**What are the LONG TERM consequences of my Avoidance Pattern?**

*My wife may leave me or ask for a divorce*

# Trigger

# Response

# Alternative Coping

Upsetting event	Thoughts and feelings about the event	What can I do that is better than avoidance in the long term? How can I act in a way that is consistent with my values? What will be the best course of action to increase my wellbeing?
<p><i>Wife not spending as much time with me anymore</i></p>	<p><i>She doesn't care about me</i></p> <p><i>She doesn't understand how I feel</i></p> <p><i>She doesn't love me anymore</i></p>	<p><i>Tell my wife how I feel</i></p> <p><i>Ask her what she wants from our marriage</i></p> <p><i>Show an interest in what she's doing</i></p> <p><i>Invite my wife out to something with me</i></p>
<p><b>What are the likely SHORT TERM consequences of my Alternative Coping plan?</b></p> <p><i>I will know where my relationship is going</i></p> <p><i>I'll feel nervous - she might reject my offer</i></p> <p><i>I'll feel better because I'm making an effort</i></p>		<p><b>What are the likely LONG TERM consequences of my Alternative Coping plan?</b></p> <p><i>I might improve my relationship with my wife</i></p>