AVOIDANCE IDENTIFICATION CHART

Directions: Make a list of all the things you avoid. Rate the degree to which you avoid each item (0 = not at all, 10 = completely). Include items that are somewhat uncomfortable (4-7) along with ones you must completely avoid (9-10).

Situations or Objects Avoided	Degree Avoided (0–10)
Examples:	
Using a public laundry	10
 Using the laundry in my apartment complex 	6
 Touching a doorknob in a high-class restaurant 	7
 Touching a doorknob in a fast-food restaurant 	8
Buying items that I saw someone else touch	8
 Checking out a book from the public library 	4
Picking up litter	10
What I avoid:	

Chart adapted from information in Stop Obsessing! by Edna Foa and Reid Wilson (Bantam Books, 1991), p. 61.