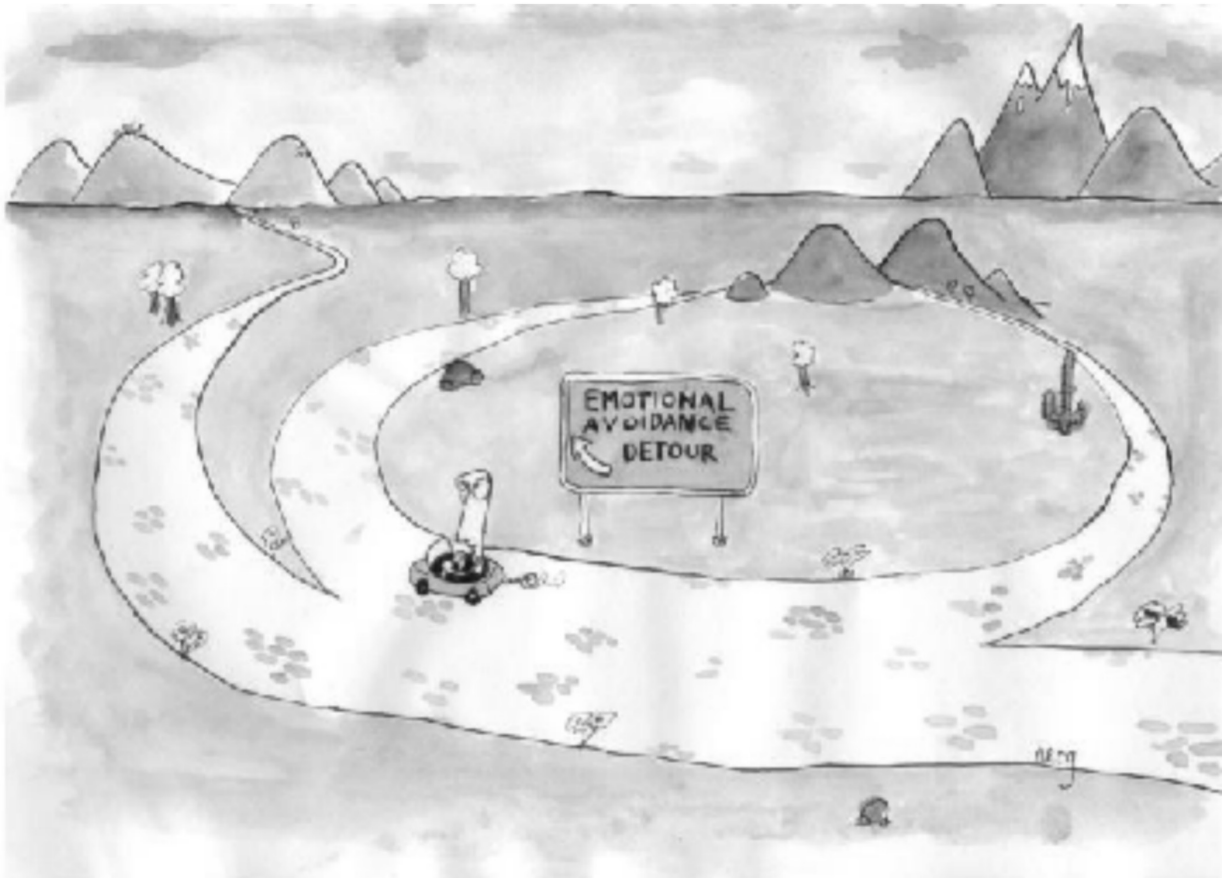


Emotional Avoidance Detour

The road that leads away from where you were going, chapter 4

About this page (addition). Every time anxiety shows up, the detour offers a way around it. The road is smooth and familiar, and it circles back to the same place. The main road goes toward what you value, and anxiety is on it.



“Emotional avoidance detour” was illustrated and conceptualized by Joseph Ciarrochi and David Mercer, University of Wollongong, NSW, Australia. Reprinted with permission of the authors.

My usual detours (what I do to get around anxiety)

Where the main road goes, and what is on it that I have been driving around
