**AVoidance BEHAVIORS FOR PANIC**

Look through this list and circle anything you do to manage or avoid bringing on a panic attack or anxiety.

* Staying at home because you are afraid you’ll have a panic attack
* Avoiding people, places, or things that you think will bring on a panic attack
* Limiting physical activity, such as walking, going up steps, or lifting
* Rush through grocery stores or other public places
* Waiting until a checkout line is short so you don’t have people around you
* Only going to certain places (e.g. restaurants, shopping, gas stations) because it feels safe or familiar
* Leaving a place or stopping an activity as soon as you feel the anxiety or panic coming on
* Going out when there are fewer people (early or late in the day or just before closing)
* Carrying items to help you feel safe, such as medicines, emergency bags, or other supplies
* Only going out with a trusted person in case you were to have anxiety or panic
* Trying hard to block out anxious thoughts in situations in which you might panic
* Getting intoxicated before you do something
* Taking anti-anxiety meds just before you have to do something that might cause panic or anxiety
* Avoiding talking to strangers
* Limiting eye contact
* Talking a lot or asking a lot of questions
* Making a lot of jokes
* Avoiding situations in which you might have conversations
* Avoiding public speaking of any kind
* Whenever you speak in public, you try to make it end as fast as possible