

REWIRING THE

# AVOIDANCE

Stop avoiding, start being present.

BY KRYSTAL ROSE

### WELCOME

Avoidance often shows up when your nervous system is trying to protect you from discomfort, pain, or overwhelm. But what once kept you safe may now be keeping you stuck.

This workbook was created with love and intention to support you in gently exploring the patterns behind your avoidance and guide you through the process of rewiring your mind and body for safety, presence, and aligned action.

Inside, you'll find daily reflection prompts, supportive practices, and a calming tapping script designed to help you:

- Understand the root of your avoidance
- Reconnect with your emotions and needs
- Rewire your subconscious with self-compassion
- Build trust in your ability to show up and take action

Whether you're avoiding tasks, conversations, or even your own feelings, this is a safe space for you to become more aware, more connected, and more empowered.

Take your time. Be gentle with yourself. Healing happens in small, consistent shifts—and you're already making one by opening this workbook.

With love and belief in your growth

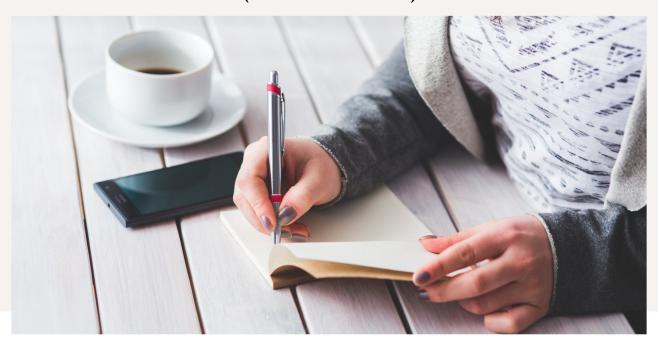
Krystal Rose

#### **ABOUT ME**

As a former chronic avoider, I understand how frustrating and disheartening it can be to know that you are sabotaging your quality of life through avoidance. I am happy to share tools you can use to start shifting the avoidance out of your personality and rewire yourself to be less fearful and more present.



## MORNING INTENTION (1-2 MINS)



01	What is one thing I want to be present for today?
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notes

02 How will I know when I am not being present?

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03 How do I want to feel today? What will support that feeling?

notes

## PROTOCOL: WHEN YOU CHOOSE BEING PRESENT OVER AVOIDANCE

What moment(s) today did I choose presence over avoidance?							
How did that feel?  Acknowledge your small wins!							
What insight did I gain today about my patterns or what I need to feel safe and regulated?							
What's one thing I'm proud of or grateful for about myself today?  Reinforces self-worth and self-trust.							
What old patterns are falling away?							
How is my relationship with myself shifting?							
notes							

### PROTOCOL: WHEN YOU CHOOSE AVOIDANCE OVER BEING PRESENT

When you recognize that the avoidance is happening, please follow these steps.

#### #1 Pause

Sit silently for a moment and focus inwardly. Feel your body. Hear your thoughts.

#### #2 Name the emotion (e.g., overwhelmed, anxious).

- a. Ask: "What am I avoiding and why?"
- b. Do a tapping cycle (directions listed below) or a mindful breath.
- c. Replace the behavior with something constructive: journaling, walking, breathwork, affirmations, or tap into your presence anchoring technique.

The purpose of this exercise is to build metacognition and to rewire the brain in real-time.

#### **EFT Tapping for Overcoming Avoidance**

### Set up Your Statement (Karate Chop Point – repeat 3x): Examples:

Even though I keep avoiding this thing I know would support me... I deeply love and accept myself anyway.

Even though part of me feels afraid or overwhelmed... I honor that part and give myself compassion.

Even though I feel stuck in this avoidance pattern... I choose to feel safe showing up in small, doable ways.

Continue to the next page for the next steps in tapping. *Please reword any sayings to match your desires.* 

### EXERCISE: TAPPING TO END AVOIDANCE

#### **Tapping Sequence:**

Tap each point gently while saying the phrase out loud or silently.

### Eyebrow (EB), Side of Eye (SE), Under Eye (UE), Under Nose (UN), Chin (CH), Collarbone (CB), Under Arm (UA), Top of Head (TH)

First Round	Second Round	Final Round
EB:	EB:	EB:
This avoidance pattern is	Maybe I don't have to do it	I choose to trust myself
so familiar.	all right now.	more today.
SE:	SE:	SE:
Part of me feels safer	Maybe I can just breathe	Even if it feels hard, I am
avoiding than facing it.	and take the next step.	willing to stay present.
UE:	UE:	UE:
I judge myself for	I am allowed to feel	I'm learning a new way of
avoiding but I also	discomfort without running	being.
understand it's a survival	from it.	UN:
strategy.	UN:	I have the power to
UN:	Avoidance is a habit–not	change this pattern.
What if it's okay that I'm	who I am.	CH:
not perfect?	CH:	I deserve to feel capable
CH:	I'm showing up with more	and supported.
I've learned to protect	presence now.	CB:
myself by numbing or	CB:	Showing up-even
distracting	I can feel the fear and still	imperfectly—is a win.
CB:	move forward gently.	UA:
but I'm ready to build a	UA:	I'm proud of myself for
new way.	I give myself permission to	even tapping right now.
UA:	try.	TH:
I honor this part of me	TH:	I choose presence. I
that's afraid.	I am safe to take action in	choose action. I choose
TH:	small, loving ways.	self-love.

#### **End with a Deep Breath**

And I invite in more

a time.

Place your hand over your heart and say: "I am safe. I am supported. I am rewiring."

courage, one small step at

## EVENING REFLECTION (1-2 MINS)

Did I notice myself avoiding anything today? If yes, what was I avoiding? (e.g., a task, an emotion, a conversation, journaling, my own thoughts)

What did I do instead? (e.g., scrolled, watched TV, stayed busy, overate, distracted myself)

What was I feeling right before I avoided? (e.g., overwhelmed, anxious, bored, tired, fearful of failing, disconnected)

What deeper emotion or belief might I have been protecting myself from? (e.g., "I'm afraid of failing," "I don't trust myself to handle this," "If I rest, I'm lazy.")

What supportive action could I have taken instead to meet that emotion with presence? (e.g., stretch, breathe, journal, go for a walk, tapping, set a timer for 10 minutes of effort)

notes			