



REWIRING THE

AVOIDANCE

Stop avoiding, start being present.

BY KRYSTAL ROSE

W E L C O M E

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?

notes

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

notes

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

EB:
This avoidance pattern is so familiar.

SE:
Part of me feels safer avoiding than facing it.

UE:
I judge myself for avoiding... but I also understand it's a survival strategy.

UN:
What if it's okay that I'm not perfect?

CH:
I've learned to protect myself by numbing or distracting...

CB:
...but I'm ready to build a new way.

UA:
I honor this part of me that's afraid.

TH:
And I invite in more courage, one small step at a time.

Second Round

EB:
Maybe I don't have to do it all right now.

SE:
Maybe I can just breathe and take the next step.

UE:
I am allowed to feel discomfort without running from it.

UN:
Avoidance is a habit—not who I am.

CH:
I'm showing up with more presence now.

CB:
I can feel the fear and still move forward gently.

UA:
I give myself permission to try.

TH:
I am safe to take action in small, loving ways.

Final Round

EB:
I choose to trust myself more today.

SE:
Even if it feels hard, I am willing to stay present.

UE:
I'm learning a new way of being.

UN:
I have the power to change this pattern.

CH:
I deserve to feel capable and supported.

CB:
Showing up—even imperfectly—is a win.

UA:
I'm proud of myself for even tapping right now.

TH:
I choose presence. I choose action. I choose self-love.

End with a Deep Breath

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

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