

## Avoidance Quiz

### “Where do my avoidance patterns come from?”

Here's a **self-discovery quiz to help you explore the roots of your avoidance tendencies** - whether it's emotional, social, task-based, or relational avoidance. Avoidance is often a protective behaviour that shields us from fear, overwhelm, rejection, or unresolved pain. This self-reflection tool helps uncover *why* someone avoids and what emotional themes are underneath. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

**Instructions:** For each statement in each category, choose the answer that best describes how often you experience it:

- **A = Never**
  - **B = Rarely**
  - **C = Sometimes**
  - **D = Often**
  - **E = Almost Always**
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### Section 1: Fear of Failure & Perfectionism

1. I avoid tasks when I don't think I can do them perfectly.
  2. I procrastinate because I'm afraid of making mistakes.
  3. I delay decisions out of fear of choosing the wrong thing.
  4. I feel paralysed when I think others will judge my performance.
  5. I avoid trying new things unless I feel fully prepared.
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### Section 2: Emotional Overwhelm & Shutdown

6. I avoid thinking about things that make me feel upset or anxious.
  7. I zone out, numb, or distract myself when emotions start to rise.
  8. I feel emotionally frozen when something gets too intense.
  9. I push my feelings down instead of processing them.
  10. I avoid conflict or hard conversations because they feel too overwhelming.
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### Section 3: Rejection Sensitivity & Social Anxiety

11. I avoid speaking up because I'm afraid of being judged or dismissed.
  12. I hold back in relationships to avoid getting hurt.
  13. I avoid asking for help because I don't want to be a burden.
  14. I replay social situations and worry about how I came across.
  15. I decline plans or invitations even when I want to connect.
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### Section 4: Trauma History or Learned Helplessness

16. I avoid certain situations because they remind me of past experiences.
  17. I expect that things will go wrong, so I don't even try.
  18. I freeze or shut down in situations where I feel unsafe or powerless.
  19. I avoid people or environments that feel unpredictable, even slightly.
  20. I've learned it's safer to stay quiet, invisible, or out of the way.
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### Section 5: Low Self-Worth & Inner Criticism

21. I assume others won't value what I have to say or offer.
  22. I avoid opportunities because I don't think I'm good enough.
  23. I'm harder on myself than anyone else is.
  24. I talk myself out of taking action with thoughts like, "What's the point?"
  25. I avoid things I care about because I'm afraid I'll let myself down.
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## Scoring & Interpretation

Count how many items you marked **D** or **E** in each section. The sections with the highest scores point to the **core emotional drivers** behind your avoidance.

Section	Possible Root Cause of Avoidance
1. Fear of Failure	You avoid to protect your self-image and avoid shame.
2. Emotional Overwhelm	You avoid to regulate or escape strong emotions.
3. Fear of Rejection	You avoid connection to protect against hurt or judgment.
4. Trauma or Learned Helplessness	You avoid to stay safe or prevent re-traumatization.
5. Low Self-Worth	You avoid because you don't believe you deserve success or visibility.

## Reflect & Explore

Ask yourself:

- What situations do I tend to avoid, and how do they make me feel?
  - What's the story I tell myself when I want to avoid?
  - What would it feel like to face that situation with support instead of shame?
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## What You Can Do Next

- **Practice self-compassion:** Avoidance often forms as a survival strategy. It doesn't mean you're weak or lazy.
- **Use curiosity over judgment:** Ask "What's underneath this?" instead of "What's wrong with me?"
- **Break it down:** Approach avoided tasks or emotions in small, manageable steps.
- **Consider support:** Therapy, coaching, or a support group can help gently uncover and work through the root causes.