

Seeking and Avoiding Activity

QUESTIONS –

1. How does **searching** for _____ add to your well being, as well as to the enhancement of your relationships with those in your life?
2. How does **searching** for _____ cause problems personally, in your family, in your relationships and at work?
3. How does **avoiding** _____ add to your well being in life, your relationships and professional success?
4. How does **avoiding** _____ cause you problems in your relationships with your family, friends, and co-workers?

FOLLOW-UP QUESTIONS –

1. What if you *could* relax your **search** for _____ and your need to **avoid** _____?
2. What are some ways you can loosen your grip on what you are constantly **searching** and **avoiding**, so you can experience more freedom and liberation?

Type	Searching for...	Avoiding...
1	Perfection	Making mistakes
2	Being needed and appreciation	Feeling unworthy and unwanted
3	Respect and admiration	Failure and being incompetent
4	Being able to express your deepest feelings and ability to connect deeply with others	Rejection from others and not feeling you are good enough
5	Wisdom, truth, and knowledge	Being intruded on by others and losing your energy reserves
6	Meaning, certainty, and trust	Worst case scenarios from occurring
7	Stimulation, new experiences, and pleasure	Pain, discomfort, and being bored
8	Control, justice, and protection	Feeling vulnerable, weak, and being at the mercy of injustice
9	Harmony, peace of mind, and comfort	Conflict and ill will directed at you