

AVOIDANCE

Meaning: Avoidance refers to the act of deliberately staying away from or preventing engagement with certain situations, conflicts, or emotions.

1. Avoidance of conflict can sometimes lead to unresolved issues.
2. The therapist encouraged avoidance strategies to help manage anxiety.
3. Her avoidance of social situations was becoming increasingly concerning.
4. Avoidance behavior often stems from fear or discomfort.
5. He practiced avoidance techniques to cope with his phobia.
6. The company's avoidance of responsibility frustrated many employees.
7. They implemented avoidance measures to reduce potential risks.
8. Avoidance can be a temporary relief but may not be a long-term solution.
9. His avoidance of difficult conversations was affecting their relationship.
10. The avoidance of unhealthy habits is crucial for overall well-being.

Source: sentences.whatistheurl.com

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