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avoidance and escape are natural mechanisms for coping with many kinds of pain and trauma when used as part of a repertoire of other coping mechanisms escape and avoidance can be considered adaptive however they are considered problematic when used too frequently or when they are used to the exclusion of other strategies and they are included as diagnostic 24 jun 2022 avoidance is part of your hard wiring as a human being in some cases avoidance can become a way of life not only can that prevent personal growth and the satisfaction that comes with 31 oct 2022 what is avoidance coping avoidance coping also known as avoidant coping avoidance behaviors and escape coping is a maladaptive form of coping in which a person changes their behavior to avoid thinking about feeling or doing difficult things 1 avoidance coping involves trying to avoid stressors rather than dealing with them 15 oct 2021 avoidance provides temporary relief from anxiety shame and other uncomfortable feelings this is a form of emotional control and controlling thoughts and feelings can have unintended 31 may 2022 avoidance is about a man who is separating from his partner and trying to protect their child from being affected by it by completely avoiding the situation in fact he avoids any type of avoidance noun u k ə'vɔɪd ə ns us the practice of avoiding something health insurance companies who have been showing very healthy profits have engaged in very serious risk noun definition of avoidance 1 as in evasion the act or a means of getting or keeping away from something undesirable her congenital avoidance of conflict makes talking about problems with her difficult synonyms similar words relevance evasion escape shunning dodging eschewing eschewal elusion ducking eluding out prevention cop out circumvention

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