

## Handout 7.1: Escape and Avoidance Busting Exposure Homework Agreement

Client Initials: \_\_\_\_\_ Date: \_\_\_\_\_

I agree to engage in the following escape and avoidance exposure exercises to overcome anxieties and fears about abuse- and abuser-related reminders that aren't dangerous.

1. I will \_\_\_\_\_  
When: \_\_\_\_\_
2. I will \_\_\_\_\_  
When: \_\_\_\_\_
3. I will \_\_\_\_\_  
When: \_\_\_\_\_
4. I will \_\_\_\_\_  
When: \_\_\_\_\_
5. I will \_\_\_\_\_  
When: \_\_\_\_\_
6. I will \_\_\_\_\_  
When: \_\_\_\_\_
7. I will \_\_\_\_\_  
When: \_\_\_\_\_
8. I will \_\_\_\_\_  
When: \_\_\_\_\_
9. I will \_\_\_\_\_  
When: \_\_\_\_\_
10. I will \_\_\_\_\_  
When: \_\_\_\_\_