

AVOIDER

Think



I don't trust anyone. I wonder if this has been cleaned. I can't trust anyone else with my safety.



Say

Has this been sanitised? Wear your mask! Don't stand too close to me. I talk about the state of the economy, politics and Covid, ALL the time.
The story I tell myself is: BE CAREFUL, because NO ONE CAN BE TRUSTED and I have to be responsible.

Do



I sanitise everything! I don't go out - and stay mostly at home. I don't go to any shops and prefer to do online shopping. I don't touch anything, I wear a mask, I don't socialise.



Feel

I am anxious and scared to get infected, and I can't trust anyone. I am NOT in a good place and I feel lonely and isolated. I feel uncertain, mistrusting, unsafe, VULNERABLE. The world is not a safe place.

Hear



I hear much talk about the pandemic, the stats, the regulations. My friends talk about it - everyone is... I NEED to stay informed. I hear all the stories about people dying and the many ways in how you can contract the virus

Pains



People are not taking this seriously enough. I have to take care of sanitising everything. I can't trust anyone. It is all so inconvenient.



Fears

I lie awake thinking about my and my loved ones' health and safety. What if I get it, will I survive? Who will care for me? I am worried about the economy, my business/job. When is it going to ever be safe again?



Needs

I need to have as little contact with people as possible. I don't want to have to touch anything. I need absolute reassurance that everything is safe.

I want as little as possible contact with people and prefer not to touch anything that can infect me. I stay at home where I'm safest