

The Anti-Evasion Starter Kit

A 7-Day Reset For Turning Insight Into Action

A practical field manual for identifying one area of drift, taking one concrete corrective action, and tracking the shift from avoidance to effort to earned relief.

By Alexander Osterman, LPC, NCC

A Short Note Before You Begin

This resource is educational and reflective. It is not therapy, crisis support, diagnosis, or a substitute for professional care.

Choose actions that are safe, appropriate, and within your control. If an issue involves danger, abuse, self-harm, medical risk, legal urgency, or crisis, seek appropriate professional or emergency support.

Opening Letter

Dear reader,

Avoidance is not always laziness.

Sometimes it looks like laziness from the outside because nothing is visibly happening. The email is not sent. The appointment is not made. The conversation is not prepared for. The decision is not faced. From a distance, it can look like a simple failure of discipline.

But avoidance is usually protecting something.

Sometimes it protects comfort. Sometimes it protects identity, familiarity, emotional safety, or an old structure that no longer serves you but still feels known. Sometimes it protects you from the shame of seeing how long something has been neglected. Sometimes it protects you from the first uncomfortable minute of beginning.

That does not make avoidance harmless.

Avoidance often sounds reasonable at first. "I'll deal with it later." "I need to think about it more." "This is not the right time." "I will handle it when I have more energy." These sentences are not always lies. Sometimes later really is better than now.

The problem begins when later becomes the structure.

When "I'll deal with it later" is repeated often enough, it stops being a delay and becomes a way of living around the thing. The avoided issue starts taking up space. It interrupts the week. It creates background pressure. It changes what you feel capable of doing. It quietly teaches you to treat parts of your life as places you do not enter directly.

That is drift.

Drift is the quiet cost of repeatedly not dealing with what needs to be dealt with. It is not always dramatic. It may show up as low-grade dread, scattered attention, unfinished tasks, disorganized routines, a conversation you keep rehearsing but never preparing for, or a responsibility that follows you from one week into the next.

This reset exists to interrupt one area of drift.

Not your entire life. Not your whole personality. Not every pattern you have ever built around fear, comfort, or delay. Seven days is not enough time to become a different person, and that is not what I am asking you to attempt.

The purpose of this reset is smaller and more serious than that.

You are going to identify one area where avoidance is interfering with your weekly functioning. You are going to name what it is costing you. You are going to choose one appropriate action small enough to complete and real enough to matter. Then you are going to act before you feel perfectly ready, and you are going to study what changes.

That last part matters.

Many people wait for clarity before they move. They wait until they feel certain, calm, motivated, confident, or emotionally settled. But in the territory of avoidance, clarity often comes after action, not before it. You may not feel like someone who follows through until follow-through has already given you proof.

This reset is about evidence.

Evidence that you can look at something you have been avoiding and stay with it long enough to take one honest step. Evidence that relief feels different when it comes from completion rather than distraction. Evidence that agency is not only a feeling you wait for, but a capacity you rebuild through action.

You do not need to perform this week perfectly.

Perfection is not the measure. Return is the measure. If you drift, return. If you delay, return. If the action is smaller than you wanted, complete the smaller action and let it count honestly. If you notice resistance, write it down and keep moving. The goal is not to become someone who never avoids. The goal is to become someone who notices sooner and returns more deliberately.

This is the first foothold.

It does not need to impress you. It does not need to solve everything. It needs to hold weight. Over the next seven days, you will choose one area of drift, define the cost of ignoring it, take one concrete anti-evasion action, and track the movement from avoidance to effort to earned relief. Begin with the thing small enough to handle today and significant enough to stop ignoring.

Alexander

How To Use This Reset

Start Here

Choose one area of drift for the whole week.

Do not pick your entire life. Pick one issue that is interfering with your weekly functioning and small enough to act on.

Good-sized examples:

- An overdue email.
- A neglected appointment.
- A messy workspace.
- A delayed conversation that is safe to prepare for.
- A small financial task.
- A recurring weekly responsibility.

Too large for this reset:

- "Fix my whole relationship."
- "Change my entire career."
- "Become disciplined."
- "Stop avoiding everything."

The reset works because it stays small enough to complete.

The Daily Rhythm

Each day has the same basic structure.

In the morning, take 5-10 minutes:

1. Read the day's short teaching section.
2. Name the area of drift you are addressing.
3. Choose one concrete action.
4. Define what completion will mean today.
5. Complete the before-action feeling log.
6. Sign the day's action.

During the day:

7. Complete the action, or adjust it honestly if safety or reality requires a smaller step.
8. Take a small reward after completion.

In the evening, take 5 minutes:

9. Complete the evening feeling log.
10. Notice what changed after action.
11. Identify whether your relief came from action or distraction.
12. Write down the evidence you created.

The prompts repeat on purpose. Repetition lets you compare your emotional state before and after action across the week.

Callout: The goal is evidence, not a perfect journal entry.

The Core Idea

The reset begins with one distinction: understanding a pattern is not the same as interrupting it.

Most people know more about their avoidance than their behavior suggests. They often know the task, decision, conversation, repair, or responsibility they are not facing. They may even understand why they are avoiding it.

Insight matters. But insight alone does not change the situation.

The Anti-Evasion Starter Kit moves one area of life from insight into action. One area of drift. One concrete corrective action. One week of observing what changes when you stop only understanding the pattern and begin interrupting it.

Callout: Insight can show you the loop, but it cannot walk you out of it.

Insight Is Not Action

Knowing what you are avoiding is not the same as confronting it.

This is one of the easiest places to get stuck, especially for reflective people. You may be able to name the pattern clearly. You may know the origin of it. You may have already explained it to yourself many times.

But explanation can become another form of distance.

Insight can make avoidance feel more intelligent than it is. Instead of simply not acting, you are analyzing why you are not acting. You are reviewing the pattern, refining the language, and waiting for a cleaner internal state.

In this reset, insight has a job. Its job is to reveal the pattern clearly enough that you can choose where to intervene. Once the pattern is visible, the question changes.

Not only: "Why am I like this?"

But: "What is the next honest action?"

Callout: The goal is not to feel different before acting. The goal is to act and then study what changes.

Drift

Drift is what happens when an unresolved issue keeps affecting your life while you continue adapting around it instead of addressing it.

It may begin as one delayed email, one avoided bill, one neglected conversation, one unfinished application, one messy corner of the home, one decision pushed into next week. None of these may look severe on its own. That is part of the problem. Drift often becomes costly because it is quiet enough to normalize.

You keep adjusting around the thing. You use energy to manage the consequences of not acting. The issue may be small, but repeated avoidance makes it larger in your schedule, your attention, and your sense of agency.

Drift is not proof that your life is broken. It is a signal that something needs direct contact.

Callout: Drift is what avoidance becomes when it starts organizing your week.

Avoidance And Temporary Relief

Avoidance offers relief without resolution.

That is why it can be convincing. If you do not open the message, you do not have to feel the reaction. If you do not make the call, you do not have to enter the uncertainty. If you do not begin the task, you do not have to encounter the part of yourself that fears doing it badly.

Avoidance lowers the pressure for a while.

But temporary relief can train you to keep choosing escape over repair. The more often you avoid, the more the avoided thing gains emotional weight. The relief gets shorter. The return of the issue feels worse. Self-trust begins to erode because some part of you knows the situation is not actually changing.

The point is not to hate avoidance. The point is to stop confusing relief with resolution.

Callout: Avoidance lowers the feeling for a moment while leaving the problem in place.

Earned Relief Versus Distraction

Distraction changes your state. Action changes your situation.

Distraction is not always wrong. Rest matters. Pleasure matters. Breaks matter. Distraction becomes costly when it repeatedly replaces the action that would reduce the problem.

Avoidant relief is the relief of escape. It is the feeling of not having to look right now.

Earned relief is different.

Earned relief comes after completion. It may not be loud. It may not feel like triumph. It may feel quiet, clean, and steady. The message was sent. The appointment was made. The object was moved. The safe conversation was started or prepared for. The bill was opened. The page was drafted. The next step exists outside your head now.

Callout: Completion is where relief stops being borrowed and starts being earned.

Evidence And Agency

Confidence does not return because you promise yourself a new life. Confidence returns when you create evidence that you do what you say you will do.

Promises can matter, but promises are not enough. A person who has lived with drift often has a history of private promises that did not become action.

Agency is the proof that your choices can still change something real.

This is why the reset is deliberately small. You are not trying to overwhelm yourself with a heroic plan. You are trying to create evidence that you can face one area of drift, act while some discomfort remains, and complete something that matters.

Callout: Agency returns when you can see your own action changing the situation.

Return, Not Perfection

If you miss a day, do not dramatize it. Return to the next required action.

Perfection is a fragile standard. It often becomes another form of evasion. Once the streak is broken, the mind says the attempt is ruined. Once the action is incomplete, the person turns the incomplete action into proof that nothing works.

That is not the standard here.

The standard is return.

Return means you notice the drift and come back to the next honest action. The point is not to protect an image of success. The point is to return to action quickly enough that drift does not regain control.

Callout: The goal is not perfection. The goal is return.

The Daily Practice

Morning Target

Each morning, name the target before mood gets a vote.

Answer three questions:

13. What area of drift am I addressing today?
14. How is this issue interfering with my week?
15. What consequence will continue if I ignore it?

Do not turn this into an essay. Name the target clearly enough to act.

Today's Anti-Evasion Action

Choose one concrete action.

The action should be:

- Small enough to complete today.
- Real enough to matter.
- Safe and appropriate.
- Within your control.
- Observable when finished.

Before you begin, define what will count as complete today. Completion should be observable.

Examples:

- Send the overdue email.
- Open the bill and write down the amount.
- Schedule the appointment.
- Clear one surface.
- Prepare notes for a safe conversation.
- Spend 20 minutes on the avoided task.

The Signature

The signature matters because it turns the day's action into a small contract with the self.

It is not punishment. It is not a performance test. It is a clear mark that you named the action and agreed to return to it.

Before-Action Feeling Log

Rate each item from 0 to 10 before acting:

- Anxious: ___ / 10
- Avoidant: ___ / 10
- Overwhelmed: ___ / 10
- In control: ___ / 10
- Self-respect: ___ / 10

Low numbers are information, not failure.

Then answer:

What is avoidance telling me right now?

Completion

At the end of the action, mark what happened:

- Yes
- Partially
- No

Then answer:

- What did I complete?
- What had to be adjusted?
- What still remains?

Partial completion should be recorded honestly. Do not inflate it. Do not erase it.

Reward

Choose a small reward after completion.

The reward should mark completion without undermining your health, finances, sobriety, relationships, safety, or the goal you are trying to protect.

Good reward examples:

- A short walk.
- A favorite drink.
- A quiet break.
- A chapter of a book.
- Time outside.
- A simple meal.

Avoid rewards that erase the day:

- Spending money you are trying to protect.
- Numbing out for hours.
- Breaking a boundary you just set.
- Using the reward to avoid the next necessary action.

Callout: The reward should mark completion, not erase the day.

Evening Reflection

Each evening, take 5 minutes.

Rate each item from 0 to 10:

- Relief: ___ / 10
- In control: ___ / 10
- Self-respect: ___ / 10
- Clear-headed: ___ / 10

Then answer:

16. What changed after I acted?
17. Was my relief earned through action, or did I seek relief through distraction?
18. What evidence did I create today that I can act?

The 7-Day Anti-Evasion Reset

Use one area of drift for the whole reset unless the first choice becomes clearly unusable. The point is not to redesign your life every morning. The point is to return to one real area, act on it, and study what changes.

Day 1: Name The Drift

What This Day Is For

Today, find the place where avoidance has become normal.

The reset cannot begin with a vague sense that something is off. Vague discomfort is easy to carry because it never requires a specific response. Naming the drift gives the avoided issue a shape. Once it has a shape, you can stop organizing your week around not looking at it.

By the end of today, you should be able to name one place where you have stopped actively choosing.

The Pattern

The pattern today is ignoring an issue until it becomes normal.

At first, avoidance may feel like a practical delay. You will deal with it later. You need more energy. You need a better plan. But when the delay repeats, the issue becomes part of the structure of the week. You route around it, explain around it, compensate for it, and carry it.

Drift is the quiet cost of that repeated non-contact.

Today's Target

What area of drift am I addressing today?

How is this issue interfering with my week?

What consequence will continue if I ignore it?

Today's Anti-Evasion Action

One small action I will complete today:

Name the area of drift in one clear sentence and write one concrete way it is affecting my week.

Other necessary tasks that could affect today's follow-through:

- 19. _____
- 20. _____
- 21. _____

I commit to completing today's anti-evasion action, or adjusting it honestly if safety or reality requires a smaller step.

Signature: _____

Date: _____

Before Action Feeling Log

Anxious: ____ / 10

Avoidant: ____ / 10

Overwhelmed: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

What is avoidance telling me right now?

Completion And Reward

Did I complete the action?

Yes

Partially

No

What did I complete?

What small, non-destructive reward did I choose?

Did I take the reward after completion?

Yes

No

Not yet

Evening Reflection

Relief: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

Clear-headed: ____ / 10

What changed after I acted?

Was my relief earned through action, or did I seek relief through distraction?

What evidence did I create today that I can act?

Key Line

What stays vague keeps power. What gets named can be addressed.

Day 2: Choose The First Foothold

What This Day Is For

Today, make action possible.

Avoidance often survives by making the issue feel too large to enter. The whole problem rises at once: every consequence, every overdue piece, every imagined judgment, every prior failure. When the issue becomes that large, action starts to feel impossible before you begin.

The work today is to find the smallest honest step. Not the most impressive step. Not the step that would fix everything. The step small enough to complete and real enough to matter.

The Pattern

The pattern today is making the issue so large that action feels impossible.

Avoidance can sound responsible when it says, "I need a full plan first." Sometimes planning is necessary. But when planning keeps replacing contact, it becomes protection for the drift.

The first foothold breaks that protection by asking for one completed movement.

Today's Target

What area of drift am I addressing today?

How is this issue interfering with my week?

What consequence will continue if I ignore it?

Today's Anti-Evasion Action

One small action I will complete today:

Choose and complete the smallest honest step connected to the drift.

Other necessary tasks that could affect today's follow-through:

- 22. _____
- 23. _____
- 24. _____

I commit to completing today's anti-evasion action, or adjusting it honestly if safety or reality requires a smaller step.

Signature: _____

Date: _____

Before Action Feeling Log

Anxious: ____ / 10

Avoidant: ____ / 10

Overwhelmed: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

What is avoidance telling me right now?

Completion And Reward

Did I complete the action?

Yes

Partially

No

What did I complete?

What small, non-destructive reward did I choose?

Did I take the reward after completion?

Yes

No

Not yet

Evening Reflection

Relief: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

Clear-headed: ____ / 10

What changed after I acted?

Was my relief earned through action, or did I seek relief through distraction?

What evidence did I create today that I can act?

Key Line

The first foothold does not need to impress you. It needs to hold weight.

Day 3: Change The Terrain

What This Day Is For

Today, look at the conditions that keep avoidance easy.

Avoidance is not only internal. It is often supported by the environment around you: the phone within reach, the unclear workspace, the missing appointment, the open-ended schedule, the person, obligation, or channel with too much access to your attention.

Do not only demand more willpower. Change one condition so the corrective action has more support than the avoidance pattern.

The Pattern

The pattern today is leaving the environment structured in favor of avoidance.

You may be relying on memory when you need a visible cue. You may be relying on mood when you need a scheduled time. You may be relying on intention when you need a closed door, a blocked app, a prepared document, or a clear next step.

Change the condition. Reduce the friction.

Today's Target

What area of drift am I addressing today?

How is this issue interfering with my week?

What consequence will continue if I ignore it?

Today's Anti-Evasion Action

One small action I will complete today:

Remove one source of friction, or add one structure that makes action easier.

Other necessary tasks that could affect today's follow-through:

25. _____

26. _____

27. _____

I commit to completing today's anti-evasion action, or adjusting it honestly if safety or reality requires a smaller step.

Signature: _____

Date: _____

Before Action Feeling Log

Anxious: ____ / 10

Avoidant: ____ / 10

Overwhelmed: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

What is avoidance telling me right now?

Completion And Reward

Did I complete the action?

Yes

Partially

No

What did I complete?

What small, non-destructive reward did I choose?

Did I take the reward after completion?

Yes

No

Not yet

Evening Reflection

Relief: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

Clear-headed: ____ / 10

What changed after I acted?

Was my relief earned through action, or did I seek relief through distraction?

What evidence did I create today that I can act?

Key Line

Agency grows when your surroundings stop silently voting against the action you say matters.

Day 4: Close The Loop

What This Day Is For

Today is for completion.

An unfinished task does not only exist on a list. It can become pressure you carry through the day. Even when you are not working on it, some part of you knows it remains open.

Choose something that can be completed cleanly today. The point is to let yourself experience an ending, not create another open loop.

The Pattern

The pattern today is carrying unfinished tasks as psychic weight.

Avoidance makes the unfinished thing feel safer when it stays untouched, but it often becomes heavier with time. The action does not have to be large. It does have to be defined.

Completion should be honest, not perfect.

Today's Target

What area of drift am I addressing today?

How is this issue interfering with my week?

What consequence will continue if I ignore it?

Today's Anti-Evasion Action

One small action I will complete today:

Complete one avoided task, or one defined piece of an avoided task.

What will count as complete today?

Other necessary tasks that could affect today's follow-through:

28. _____

29. _____

30. _____

I commit to completing today's anti-evasion action, or adjusting it honestly if safety or reality requires a smaller step.

Signature: _____

Date: _____

Before Action Feeling Log

Anxious: ____ / 10

Avoidant: ____ / 10

Overwhelmed: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

What is avoidance telling me right now?

Completion And Reward

Did I complete the action?

Yes

Partially

No

What did I complete?

What small, non-destructive reward did I choose?

Did I take the reward after completion?

Yes

No

Not yet

Evening Reflection

Relief: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

Clear-headed: ____ / 10

What changed after I acted?

Was my relief earned through action, or did I seek relief through distraction?

What evidence did I create today that I can act?

Key Line

Completion does not need to be dramatic to reduce the weight you have been carrying.

Day 5: Tell The Truth Clearly

What This Day Is For

Today is for ending the fog.

Avoidance often depends on vague language. "It is complicated." "I am dealing with it." "Things have been weird." These statements may contain part of the truth, but they can also keep the central truth blurred.

Unclear language produces unclear action. Today, write one clear truth, or say it in a safe and appropriate context.

The Pattern

The pattern today is hiding inside vagueness instead of naming the truth.

Vagueness can feel gentle, but it often protects the drift. It lets you avoid the exact cost, the exact request, the exact apology, the exact decision, or the exact next step.

The truth may be uncomfortable. Discomfort alone does not always mean danger, but your action should still be safe, appropriate, and within your control.

Today's Target

What area of drift am I addressing today?

How is this issue interfering with my week?

What consequence will continue if I ignore it?

Today's Anti-Evasion Action

One small action I will complete today:

Write one clear truth connected to the drift, or say it in a safe and appropriate context.

Other necessary tasks that could affect today's follow-through:

- 31. _____
- 32. _____
- 33. _____

I commit to completing today's anti-evasion action, or adjusting it honestly if safety or reality requires a smaller step.

Signature: _____

Date: _____

Before Action Feeling Log

Anxious: ____ / 10

Avoidant: ____ / 10

Overwhelmed: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

What is avoidance telling me right now?

Completion And Reward

Did I complete the action?

Yes

Partially

No

What did I complete?

What small, non-destructive reward did I choose?

Did I take the reward after completion?

Yes

No

Not yet

Evening Reflection

Relief: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

Clear-headed: ____ / 10

What changed after I acted?

Was my relief earned through action, or did I seek relief through distraction?

What evidence did I create today that I can act?

Key Line

Truth does not punish the drift. It ends the fog around it.

Day 6: Guard The Foothold

What This Day Is For

Today is for protecting the action you have begun.

A foothold can disappear if nothing guards it. The same leaks of time, energy, attention, and access that supported avoidance can return quietly.

A boundary may involve time, attention, energy, communication, access, scheduling, or availability. It does not need to be dramatic. It needs to protect the next return.

The Pattern

The pattern today is allowing time, energy, and attention to leak.

Avoidance is not always a refusal to act. Sometimes it is the result of giving too much access to the wrong things. The day gets used up. The attention gets scattered. The energy gets spent before the necessary action has a place to stand.

The boundary may be quiet. Quiet boundaries still count when they protect real follow-through.

Today's Target

What area of drift am I addressing today?

How is this issue interfering with my week?

What consequence will continue if I ignore it?

Today's Anti-Evasion Action

One small action I will complete today:

Establish one boundary with my time, energy, attention, or access.

Other necessary tasks that could affect today's follow-through:

34. _____

35. _____

36. _____

I commit to completing today's anti-evasion action, or adjusting it honestly if safety or reality requires a smaller step.

Signature: _____

Date: _____

Before Action Feeling Log

Anxious: ____ / 10

Avoidant: ____ / 10

Overwhelmed: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

What is avoidance telling me right now?

Completion And Reward

Did I complete the action?

Yes

Partially

No

What did I complete?

What small, non-destructive reward did I choose?

Did I take the reward after completion?

Yes

No

Not yet

Evening Reflection

Relief: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

Clear-headed: ____ / 10

What changed after I acted?

Was my relief earned through action, or did I seek relief through distraction?

What evidence did I create today that I can act?

Key Line

A boundary is not a wall around your life. It is a guardrail for your return.

Day 7: Review The Evidence

What This Day Is For

Today is for studying what the week created.

The reset is not meant to prove that you have become permanently different. It is meant to create evidence: that you identified one area of drift, acted before the feeling was perfect, and noticed whether completion produced a different kind of relief than distraction.

Review should be specific. Do not only ask whether the week felt successful. Ask what action changed the situation, what structure helped, what resistance appeared, and what deserves to be repeated before drift has time to rebuild.

The Pattern

The pattern today is letting a useful reset fade instead of turning one action into repetition.

Avoidance can return after progress if the progress is not named. A completed action needs to be recognized so it can teach you something. Review is how the week becomes usable.

Look for what actually helped.

Today's Target

What area of drift am I addressing today?

How is this issue interfering with my week?

What consequence will continue if I ignore it?

Today's Anti-Evasion Action

One small action I will complete today:

Review the week and choose one action or structure worth repeating.

Other necessary tasks that could affect today's follow-through:

37. _____

38. _____

39. _____

I commit to completing today's anti-evasion action, or adjusting it honestly if safety or reality requires a smaller step.

Signature: _____

Date: _____

Before Action Feeling Log

Anxious: ____ / 10

Avoidant: ____ / 10

Overwhelmed: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

What is avoidance telling me right now?

Completion And Reward

Did I complete the action?

Yes

Partially

No

What did I complete?

What small, non-destructive reward did I choose?

Did I take the reward after completion?

Yes

No

Not yet

Evening Reflection

Relief: ____ / 10

In control: ____ / 10

Self-respect: ____ / 10

Clear-headed: ____ / 10

What changed after I acted?

Was my relief earned through action, or did I seek relief through distraction?

What evidence did I create today that I can act?

Key Line

Confidence returns when action leaves evidence behind.

End-Of-Week Reflection

This review is not a grade. It is the record of what changed when avoidance was interrupted.

Move through this review with accuracy, not self-protection. Do not exaggerate the success. Do not erase the effort. Do not turn partial completion into failure. Record what actually happened.

1. The Drift

What area of drift did I identify this week?

How was it interfering with my functioning?

What consequences had I been tolerating by not addressing it?

2. The Actions

What actions did I complete this week?

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Which action mattered most, even if it was small?

3. The Emotional Pattern

What did I usually feel before acting?

What did I usually feel after acting?

What did I learn about the difference between distraction and earned relief?

Where did I notice avoidant relief?

Where did I notice earned relief?

4. Agency

Where did I feel more in control of my life this week?

What changed in how I saw myself?

What evidence do I now have that I can confront avoidance?

What did I do before I felt fully ready?

5. Continuation

What is one action I will repeat next week?

When will I do it?

What boundary or structure will help me continue?

What is the next area of drift I may need to address after this?

6. Completion Statement

I completed this reset by identifying one area of drift, taking concrete action, and reviewing the evidence created by that action.

I do not need to claim that everything is fixed.

I do need to recognize that avoidance was interrupted.

I created evidence that I can return.

Signature: _____

Date: _____

Optional Completion Report

Use this optional report if you complete the 7-Day Anti-Evasion Reset and want to request a certificate in the future.

You can complete the reset without submitting this report.

Keep your answers practical and general. Do not include private clinical details, trauma history, diagnostic information, or anything you would not want handled as ordinary email communication.

Submitting this report does not establish a therapy, clinical, or client relationship with Alexander Osterman. It is used only to document completion and support the certificate request.

Reader Information

Name: _____

Email: _____

Date completed: _____

Reset Summary

1. What area of drift did you address?

2. How was this area interfering with your weekly functioning?

3. What concrete actions did you complete?

4. What did you usually feel before acting?

5. What did you usually feel after acting?

6. What did you learn about the difference between distraction and earned relief?

7. What evidence did you create that you can act?

8. What action will you continue next week?

Permissions And Certificate Request

Certificate request:

[] I am requesting a completion certificate for The Anti-Evasion Starter Kit.

Optional excerpt permission:

I give permission for a short excerpt from this report to be used anonymously for educational or promotional purposes. I understand that my name, email, and identifying details will not be included.

I do not give permission for any excerpt from this report to be used.

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Submission Note

Please review your responses before sending. Remove any details that feel too private for ordinary email. The purpose of this report is to document completion, not to provide therapy, diagnosis, crisis support, or clinical consultation.

Signature

By signing below, I confirm that I completed the 7-Day Anti-Evasion Reset and that the information I provided is accurate to the best of my knowledge.

Signature: _____

Date: _____

Certificate Text Concept

Certificate Of Completion

The Anti-Evasion Starter Kit

Awarded to:

For completing the 7-Day Anti-Evasion Reset and taking concrete action to interrupt drift, confront avoidance, and restore agency.

Signed,

Alexander Osterman, LPC, NCC

Closing Frame: Return, Not Perfection

This reset is not about perfection.

Perfection often becomes avoidance in cleaner clothes. It can sound disciplined, but it may be another way to delay contact with the next required action. If the conditions are not ideal, you wait. If the plan is not complete, you wait. If the week is already imperfect, you decide the attempt is ruined and wait for a cleaner starting point.

That is how avoidance regains control.

Missing a day is not the real problem. Losing momentum is not the real problem. Needing to adjust the action is not the real problem. The problem begins when the miss becomes an identity story.

Callout: "I missed a day" is information. "I never follow through" is a story.

Callout: "This action was too large" is information. "I cannot change" is a story.

Callout: "I avoided the task this morning" is information. "This proves I am the kind of person who avoids everything" is a story.

The reset asks you to handle the information without surrendering to the story.

Return is the practice.

Return to the next required action. Return to the area of drift before it becomes vague again. Return to the boundary that protects your attention. Return to the small foothold that can hold weight. Return to the difference between relief that comes from escape and relief that comes from completion.

The reset ends, but the practice continues.

If you engaged honestly with this reset, you now have evidence. You have seen what avoidance sounds like before action. You have seen what effort feels like while it is happening. You have seen whether relief changes when the situation changes. You have seen that agency does not need to arrive as a mood before you begin. It can be rebuilt through completed action.

Do not ask this week to become more than it was.

Name what happened. Count the action honestly. Repeat what worked.

Final Page

Keep Going

This reset is one small encounter with the larger Quit Evading framework.

If it helped you see one area of drift more clearly, take one corrective action, or experience earned relief instead of avoidant relief, keep the evidence. Use it again. Repeat the structure with another area of drift when you are ready.

The larger work continues in **Quit Evading**.

For updates, future resources, and publication news, visit:

AlexanderOsterman.com

Join the email list to receive new essays, tools, and announcements connected to Quit Evading and the Anti-Evasion framework.

Final line: Distraction changes your state. Action changes your situation. Return changes your life by giving action another chance.