

Approach and Avoidance Coping Strategies

- * Which type of coping strategy do you think will be most effective? Why?
- * What are the dangers of excessive reliance on avoidance strategies?
- * What are the benefits of avoidance strategies?
- * In what type of situation might both approach and avoidance strategies be used?

Attention And Avoidance Strategies In Coping With Aversiveness

Jin-Ying Zhang



Attention And Avoidance Strategies In Coping With Aversiveneb:

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