

# Body Image Hierarchy

Core fear: \_\_\_\_\_

Values to connect with: \_\_\_\_\_

Reasons I'm doing this: \_\_\_\_\_

**Look at the items below and rate what you think your distress will get to completing this activity**

Wear tank top at home

Wear shorts at home

Wear leggings at home

Wear sweatpants at home

Wear a shirt showing abdomen at home

Wear bikini at home

Wear short sleeves in public

Wear tank top in public

Wear shorts in public

Wear leggings in public

Wear sweatpants in public

Wear a shirt showing abdomen in public

Wear bikini in public

Try on clothing at a department store

Exercise in public

Do not wear makeup in public

Wear imperfect makeup in public (i.e. not matching)

Look at pictures of self

Delete pictures of self

Look in mirror and say neutral things

Look in mirror and say positive things

Eliminate body checking behaviors

Wear clothing that is tight

Wear clothing that is too big

Go clothing shopping alone

Go clothing shopping with partner

Go clothing shopping with friend