

Hierarchy: Body Image

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

Look in mirror and nonjudgmentally describe body

Look in mirror and notice the things you appreciate about your body

Look in mirror and name your negative thoughts about your body

Look in the mirror and look at an area of your body that you like

Look in the mirror and look at an area of your body that makes you angry

Wear tight clothing

Go clothes shopping

Go clothes shopping and go into fitting room

Look in the mirror when in a fitting room

Wear a crop top

Wear shorts

Wear a tank top

Wear a swimsuit

Wear stripes

Wear a color you want to but are nervous to wear

Wear clothes that will draw attention to you in public

Wear a dress

Do your hair in a different way

Wear makeup in a new way

Practice functional body statements

Practice neutral body statements

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

Go to a restaurant in session and order a fear food

Go to a restaurant with a friend and order something new on the menu

Go to a restaurant alone

Go to a grocery store in session

Go to a grocery store alone

Go to a restaurant and eat a dessert

Nachos

Doritos

Hot Cheetos

Fun size candy bar

Full size candy bar

King size candy bar

Pizza

Oatmeal with sugar and butter

Ice cream

Pasta

Milkshake

Chili cheese fries

Pancakes

Waffles

Bacon

Biscuits and gravy

Pie

Cake