

## **S2D** *Body image checking and avoiding diary*

Please reflect, throughout your day, on any actions you notice yourself doing that relate to your concerns about your body image. These are likely to include behaviours that

- ⊙ involve avoiding uncomfortable feelings (for example, you may avoid wearing particular clothes) or
- ⊙ you feel compelled to carry out because of anxiety (you may compulsively check your body size or weight).

You may carry them out by habit or there may be times when they are triggered by particular thoughts, feelings or sensations.

<b>Day and time</b>	<b>Thoughts/feelings/sensations</b>	<b>Behaviour/action</b>
<i>Example:</i> Sat. 6 pm	Feeling fat, anxious I would look big in the photo	Avoided having photograph taken