

S5 *Accepting body image: Goals for change*

Have another look at your completed handouts S1B and S2D. Think about which of these habits or behaviours you would find easiest to start changing. Using the table below, list where possible the positive alternative to the habit. It's helpful to write these in the order you decide to tackle them. For example, if you never wear bright colours, your aim would be to wear bright colours and you could make your goal to wear a bright colour each day (i.e. red/orange/green/yellow) for the next ten days.

General aims	Specific goals

Decision

We suggest you tackle at least two areas at a time each week throughout the programme. We also recommend that you practise as frequently as possible.

Future goals

Please think about specific goals for the other areas you will need to tackle. Once you have made the list as comprehensive as possible, think about what you can realistically achieve throughout the duration of the programme. How many areas are you willing to try to tackle in the remaining seven weeks? Negotiate this with your therapist and check out regularly by referring to this list. When you feel you can keep up the change, you can tick the goals you have achieved. You may also need to add things to it!!

Many people find it helpful to keep a record of their achievements. You can also keep a note of any difficulties you experience and discuss them with your therapist.