Body checking and avoiding

Two habits that keep you focused on what you dislike.

Name _____ Date _____

Tick what you do.

Checking

- [ ] Looking in mirrors or windows repeatedly
- [ ] Studying particular parts of my body
- [ ] Pinching or measuring
- [ ] Weighing myself often
- [ ] Checking how clothes fit
- [ ] Taking and examining photos
- [ ] Comparing myself with others
- [ ] Asking if I look OK

Avoiding

- [ ] Mirrors
- [ ] Being in photos
- [ ] Swimming, the gym or the beach
- [ ] Fitted or light clothing
- [ ] Being seen without make-up or styling
- [ ] Shopping for clothes
- [ ] Being touched or seen undressed
- [ ] Social events

The behaviour	How often	What I hope it will do	What it actually does

One checking habit I will cut back, and how (for example: one look in the mirror before leaving, for getting dressed, not for inspecting)

One thing I avoid that I will try, as an experiment

What I noticed

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