	Helpsheet for Change: Sample Body Image Diary for			
	Date:			
	ABC Sequence of My Body Image Experiences			
	Activators (Triggering events and situations):			
	Beliefs (Thoughts and interpretations about my appearance and myself):			
1.				
1	Consequences (Emotional TIDE):			
	Types of emotions:			
	Intensity of emotions (0 to 10):			
	Duration of the episode:			
Effects of the episode on my behavior:				

Helpsheet for Change: Talking Back to My Unfair-to-Compare Distortions

A typical activating event or situation is:						
		100 Tayy # _ 12				
				7_ 7_ 700		
			<u> </u>			
My distorted Pr	ivate Body Talk often s	ays:				
			C.			
			·			
To correct my	distorted thinking, my l	New Inner Voice t	alks back and says:			
				1074		
						

Helpsheet for Change: My Plan for Facing It ractice, place, people, or pose avoided: Step-by-Step Plan for Facing It repare: Exactly what will I do?

ot: When? Where? For how long?

cope: What uncomfortable thoughts and feelings do I expect? How will I accept and cope with them?

njoy: How will I reward my efforts?

What were my results of Facing It?

Helpsheet for Change: Arguing with My Appearance Assumptions 8. When I assume that "if I could look as I wish, my life would be much happier," Then I focus on: And I think: And I feel: My New Inner Voice argues with this Appearance Assumption: