

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):

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: My Plan for Facing It

Practice, place, people, or pose avoided: _____

Step-by-Step Plan for Facing It

Prepare: Exactly what will I do?

Act: When? Where? For how long?

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

Enjoy: How will I reward my efforts?

What were my results of Facing It?

