## 168 OVERCOMING BODY IMAGE PROBLEMS

COMBABING	SELF-MONITORING	CHADT
COMPARING	<b>PEFL-MOULLOKING</b>	CHARL

## **WEEK BEGINNING**

Write in your most common comparing thoughts and tick the relevant column each time you have that thought, or add the total from your tally counter.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I compared my:							
I compared my:							
l compared my:							