

170 OVERCOMING BODY IMAGE PROBLEMS

EXERCISE 6.8: THE A, B, C, D, E OF COMPARING

Activating Event

Describe a recent typical situation in which you compared your feature? What were you doing at the time?

Behavior

Who or what did you compare yourself with?

Consequences

Was there any pay-off from comparing? Did you think it prevented something bad from happening?

Disposition

What effect did the comparing have on the way you felt?

Thinking about thinking 171

What effect did it have on how self-focused you became on a scale between -3, which is totally focused on what you were thinking, to +3, which is totally focused on environment or tasks?

What effect did the comparing have on your valued directions and the time you can devote to what is important in your life?

What effect did the comparing have on the people around you?

Did you do anything in excess as a consequence (e.g. drink more, use drugs, binge-eat, purge)?

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Overall, how helpful was it to compare?

Alternative Directions

What alternative direction could you find that is consistent with your goals and valued directions? What could you do instead of comparing?

Effect of Alternative Directions

What effect did following your alternative direction have?

Is there a pattern to the situations that are typically linked to comparing that you could change? For example, can you do anything to prevent such situations occurring? Do you need to buy that celebrity magazine? Can you put old photographs back in the album, etc?