



QUESTIONNAIRE 8.2: ACTING 'AS IF'



1. Write down the new belief or attitude that you wish to strengthen (e.g. 'I have a feature that others do not notice or believe to be that abnormal. The problem is that I worry a lot about my feature.')

2. Now consider, if other people in your life could see positive changes in you, what do you think they might notice? How would you be behaving differently if you truly believed in your new way of thinking about yourself, others and/or the world? Think of people you know who seem to hold the kind of attitude that you wish to strengthen in yourself. How do they behave in ways that

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reflect that way of thinking? Write down how you can act 'as if' you believe in your new healthy belief:

3. Where and when could you act in the ways you have described above?
