

## What keeps a body image problem going? 61

### EXERCISE 4.1: WHICH FEATURES DO YOU VIEW AS ATTRACTIVE AND UNATTRACTIVE?

Complete the following statements. Describe each feature that you view as ugly or unattractive and say what you think is wrong with it.

I focus my attention on the following features that I view as ugly or 'not right':

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I focus less attention on these features, which others view as being attractive:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_