

EXERCISE 4.6: INTERNAL OR EXTERNAL SHAME?

How much is your problem driven by concern about what you think others think (external shame)? And how much is it driven by your own standards (internal shame)? For example, would you still have a body image problem if you had a guarantee that no one was thinking negatively about your features? Or would you still have a body image problem if you were completely alone on a desert island and knew that you were not going to be rescued?

Write down one or two thoughts based on external shame, then estimate what percentage of your shame is external.

External:

Now write down one or two thoughts based on internal shame, then estimate what percentage of your shame is internal.

Internal:
