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experiences. We will also teach you some techniques that focus more on your imagination. Remember: if you have memories of a highly painful or traumatic nature you should probably not use these techniques involving imagination without the support of an appropriately trained therapist.

QUESTIONNAIRE 8.1: IDENTIFYING EARLY EXPERIENCES THAT MAY BE RELEVANT TO THE DEVELOPMENT OF YOUR BODY IMAGE PROBLEM

1. Are there any early experiences that you can remember that may have contributed to your developing unhelpful patterns of thinking and acting about your appearance? These might be experiences of teasing, bullying, humiliation, sexual abuse, or what you learnt from your parents or peers. These links may not necessarily be about your appearance but something that you learnt about yourself that made you think you were different or abnormal. To begin with, simply list any memories that come to mind.

2. The second way to identify relevant memories is to use your experience of the picture in your mind or the felt impression you

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have of yourself. Try to think of a recent time when you felt upset about your appearance. What was the situation? Where were you?

3. What was happening at the time?

4. How did you feel emotionally?

5. What was the picture or felt impression in your mind? Can you draw yourself or describe the impression you had of yourself?

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6. Did you have any bodily sensations? Where in your body did you feel them (e.g. tightness in your skin)?

7. How old were you when you first experienced that picture or felt impression of your feature? Please describe your experience in the first person, present tense (e.g. 'I am about six years old and playing in a school playground. A boy who is quite popular with other girls just comes up to me and tells me I look ugly').

8. What was the most upsetting meaning that this experience had for you? The meaning might influence your views about yourself (e.g. 'I am ugly and I'll be alone all my life') or how you think others will behave towards you (e.g. 'People will always humiliate me').

9. Can you remember the first time you had this meaning in your mind?
