

EXERCISE 4.5: WHAT DO YOU 'OVER-NOTICE'?

Take a moment to consider the past day or past week, and complete the following statements. Try to identify the things about yourself that you tend to notice too much. (These are things that your imaginary twin without a body image problem would hardly notice, if at all.)

I'm over-aware of: _____

70 OVERCOMING BODY IMAGE PROBLEMS

The unintended consequences, for myself, of being over-aware of certain features are:

The unintended consequences, for others, of my being over-aware of certain features are:
