

EXERCISE 4.7: THE EFFECT OF YOUR MOOD ON YOUR BODY IMAGE

Completing the following statements will help you assess the effect of your mood on your body image.

I feel _____

When (in what context)?

The unintended consequences of such feelings on my pre-occupation with my feature(s) are:

What keeps a body image problem going? 75

The unintended consequences of such feelings on others are:

Thought suppression