

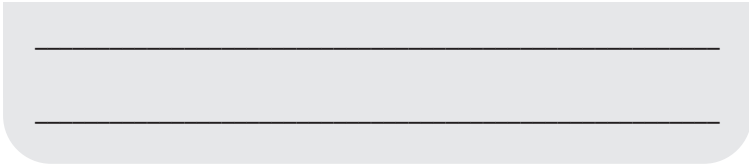
Theory B: *I have a problem with being excessively preoccupied by my hair and am worried about being humiliated and rejected; my 'solutions' (driven by theory A) have become my problem and feed my preoccupation.*

Try thinking of your own body image problem in terms of two competing theories. Remember that only one theory can be correct – they can't both be true. In the space below, write under 'Theory A' how you have viewed the problem, and how it has led to you using avoidance and safety behaviors. Then write against 'Theory B' another way of looking at your experience that would enable to test out your alternative.

Theory A:

Theory B:

What keeps a body image problem going? 87



A light gray rounded rectangular box with two horizontal lines, serving as a writing area.