

## Thinking about thinking 155

**EXERCISE 6.6: THE A, B, C, D, E OF BROODING,  
WORRYING OR SELF-ATTACKING****Activating Event**

Describe a recent typical situation in which you were brooding, worrying or attacking yourself. Did it start with an intrusive thought, image or memory? What were you doing at the time?

**Behavior**

What did you tell yourself? Was it a 'Why' or 'If only' question? Were you trying to find a reason? Can you label it as an example of brooding, worrying or self-attacking, or some combination of the above?

**Consequences**

Was there any pay-off from brooding or worrying? Did you avoid anything that was uncomfortable as a result of brooding or worrying?

## 156 OVERCOMING BODY IMAGE PROBLEMS

### Unintended Consequences

What effect did the brooding, worrying or self-attacking have on the way you felt?

What effect did it have on how self-focused you became on a scale between -3, which is totally focused on what you were thinking, to +3, which is totally focused on environment or tasks?

What effect did brooding, worrying or self-attacking have on the time you could devote to what is important in your life?

What effect did the brooding, worrying or self-attacking have on your environment or the people around you?

Did you do anything in excess as a consequence (e.g. drink more, use drugs, binge-eat, purge?)

## Thinking about thinking 157

Overall, how helpful was it to buy into your brooding, worrying or self-attacking?

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### **Alternative Directions**

What alternative direction could you find that are consistent with your goals and valued directions instead of brooding or worrying?

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### **Effect of Alternative Directions**

What effect did following your alternative direction have?

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Is there a pattern to the situations that are typically linked to brooding, worrying or self-attacking that you could change? For example, can you do anything to prevent such situations?

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