

## Taking action 189

**EXERCISE 7.3: FREQUENCY OF CHECKING**

Date \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I check in a mirror for a long period (e.g. applying make-up, grooming, etc.)							
I check briefly in a mirror or reflective surface (e.g. a window)							
I check by looking at a feature directly, without needing a mirror							
I check the 'picture in my mind' or memory of how I last looked							
I check by feeling my skin with my fingers							
I check my feature using a camera or photobooth							
I check by feeling the elasticity or amount of fat by pinching my skin							
I check by measuring my feature							
I try to convince others of how unattractive my feature is							
I ask others to confirm the existence of my defect							
I seek reassurance about whether my feature has got worse							
I seek reassurance about whether my feature is camouflaged (e.g. by make-up)							

The next step is to try to understand more about your motivation for checking and the pay-off you obtain in the short term as well as the unintended consequences in the long term.

## 190 OVERCOMING BODY IMAGE PROBLEMS

**EXERCISE 7.4: THE A, B, C, D, E OF  
UNDERSTANDING YOUR CHECKING****Activating Event**

Describe a recent typical situation in which you were checking the feature (e.g. looking in the mirror or a reflective surface or pinching your skin). Did you experience a picture in your mind or memory before the checking started?

---

---

---

**Behavior**

What did you actually do? What was your mind telling you as you checked? How long did it last?

---

---

---

**Consequences**

Was there any pay-off from checking? For example, did you avoid anything that was uncomfortable? Did you briefly feel more certain about how you do look? Did you feel you were doing something to improve your appearance?

---

---

---

## Taking action 191

### Unintended Consequences

What effect did the checking have on the way you felt?

What effect did the checking have on how you acted? What effect did it have on the time you were able to devote to what is important in your life?

What effect does checking have on the people around you?

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

Overall, how helpful was it to give into your urge to check?

### **Alternative Directions**

What alternatives could you find that are consistent with your goals and valued directions instead of checking?

---

---

---

### **Effect of Alternative Directions**

What effect did following your alternative direction have?

---

---

---

Is there a pattern to the situations that are typically linked to checking? For example, can you do anything do to prevent such situations arising?

---

---

---

