Body Image Hierarchy

Core fear: ____________________________________________________________

Values to connect with: _______________________________________________

Reasons I’m doing this: _______________________________________________

Look at the items below and rate what you think your distress will get to completing this activity

Wear tank top at home
Wear shorts at home
Wear leggings at home
Wear sweatpants at home
Wear a shirt showing abdomen at home
Wear bikini at home
Wear short sleeves in public
Wear tank top in public
Wear shorts in public
Wear leggings in public
Wear sweatpants in public
Wear a shirt showing abdomen in public
Wear bikini in public
Try on clothing at a department store
Exercise in public
Do not wear makeup in public
Wear imperfect makeup in public (i.e. not matching)
Look at pictures of self
Delete pictures of self
Look in mirror and say neutral things
Look in mirror and say positive things
Eliminate body checking behaviors
Wear clothing that is tight
Wear clothing that is too big
Go clothing shopping alone
Go clothing shopping with partner
Go clothing shopping with friend