



Alternative Appearance Assumptions

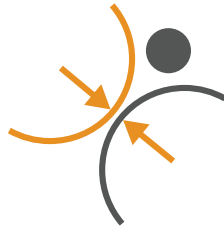
Self-discovery assessment

Below are ten common unhelpful appearance assumptions – rate how much you believe these as a percentage (from 0-100%)

- 1) Physically attractive people have it all (___%)
- 2) My worth depends on how I look (___%)
- 3) I should always do whatever I can to look my best (___%)
- 4) The first thing people will notice about me is the flaws in my appearance (___%)
- 5) If people know what I really look like, they will probably like me less (___%)
- 6) By managing my physical appearance, I can manage my social and emotional life (___%)
- 7) My appearance is responsible for much that has happened to me in my life (___%)
- 8) If I could look as I wish, my life would be happier (___%)
- 9) My cultures messages make it impossible for me to like my appearance (___%)
- 10) The only way to accept how I feel about my body is to change my looks (___%)

With any assumptions you answered 50% or above, use the following activity to reflect on them and develop more workable appearance assumptions.

You can also include any personal body-image beliefs, to help you reflect on them. If so, write them here:



weight management psychology

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Activity: Questioning Appearance Assumptions

Take the appearance assumption and write it here:

Ask yourself:

What evidence is there that this thought is true?

How good is this evidence?

What evidence is there that this is untrue?

How good is this evidence?

What is the effect of holding onto this assumption?

What is an alternative way of thinking that may be more helpful, realistic, or positive?

What would the effect of developing the alternative way of thinking?

To develop the alternative way of thinking, you can write it as an affirmation!

Between-session activity: Add any affirmations to your “Alternative Appearance Assumptions” List, and repeat them daily as an affirmation statements.

