



Dealing With Distortions

Self-discovery assessment

Below are 10 common body-image thinking distortions – rate how often you have the distortions on the scale below.

- 1) **All-or-nothing thinking:** Viewing your body in black and white ways (e.g., I'm either thin or I'm fat).
Never Rarely Sometimes Often Always
- 2) **Filtering:** Selectively focusing on “negative” aspects of your body image (e.g., taking criticisms to heart, but rejecting compliments)
Never Rarely Sometimes Often Always
- 3) **Generalising:** Overgeneralising about your body (e.g., all men only care about what I look like, no one that is fat is happy)
Never Rarely Sometimes Often Always
- 4) **Labeling:** Using unhelpful labels to describe your body (e.g., thunder-thighs, tuck shop arms, muffin top)
Never Rarely Sometimes Often Always
- 5) **Should's:** Giving yourself rigid rules about your body (e.g., I should return to my normal weight after pregnancy)
Never Rarely Sometimes Often Always
- 6) **Blaming:** Blaming your body for experiences that may not be closely related to your body (e.g., If I was 10 kilos lighter, I would have got that job)
Never Rarely Sometimes Often Always
- 7) **Mind-reading:** Assuming you can tell what other people are thinking, often based on your way of thinking (e.g., She didn't say anything, but I could tell she was judging my dress, He hasn't said so, but I know he's not as attracted to me)
Never Rarely Sometimes Often Always
- 8) **Comparing:** Comparing yourself to others or your previous self, often in an unbalanced way (e.g., I used to have such lovely skin, The pictures in the magazine are so much thinner)
Never Rarely Sometimes Often Always
- 9) **Misfortune telling:** Predicting situations to have adverse outcomes due to your looks (e.g., I can't go to the gym, everyone will laugh, I can't go there, I'll be out of place)
Never Rarely Sometimes Often Always
- 10) **Emotional reasoning:** Relying on your emotions about your body-image over reality (e.g., I am having a “fat day”)
Never Rarely Sometimes Often Always

Activity: Body-image thought management diary

With any distortions you answered “often” or “always”, use the following activity to reflect on them and develop more workable thoughts.



weight management psychology

Body-Image Thought Diary

Activating event: _____

Belief: _____

(Distortion type: _____

Consequences: _____

Dealing with belief (Disputing/Distancing/Distracting):

Effect of dealing with belief:

The Three Ds of dealing with distorted thoughts (write down notes on the three methods and techniques for each method).

Disputing:

Distancing:

Distracting:

Activity: Complete an entry your Body-image thought management diary daily.