

# Body Checking Activity

## Objective:

Compulsive behaviors reinforce negative body image. Breaking the cycle of compulsive behaviors can ultimately improve body image. Keeping track of body checking can allow you to track your unwanted compulsive behaviors with the ultimate goal of eliminating these behaviors.

## Instructions:

Keep track of the number of times you conduct unwanted behaviors (submits) and the number of times you had urges to conduct these behaviors but did not (resists). You can do this in a notebook or the notes in your phone!

