

Identifying Emotions around Body Image

by: Jamie Magdic, RDN

SIDE BY SIDE
NUTRITION

SIDE ^{BY} SIDE

NUTRITION

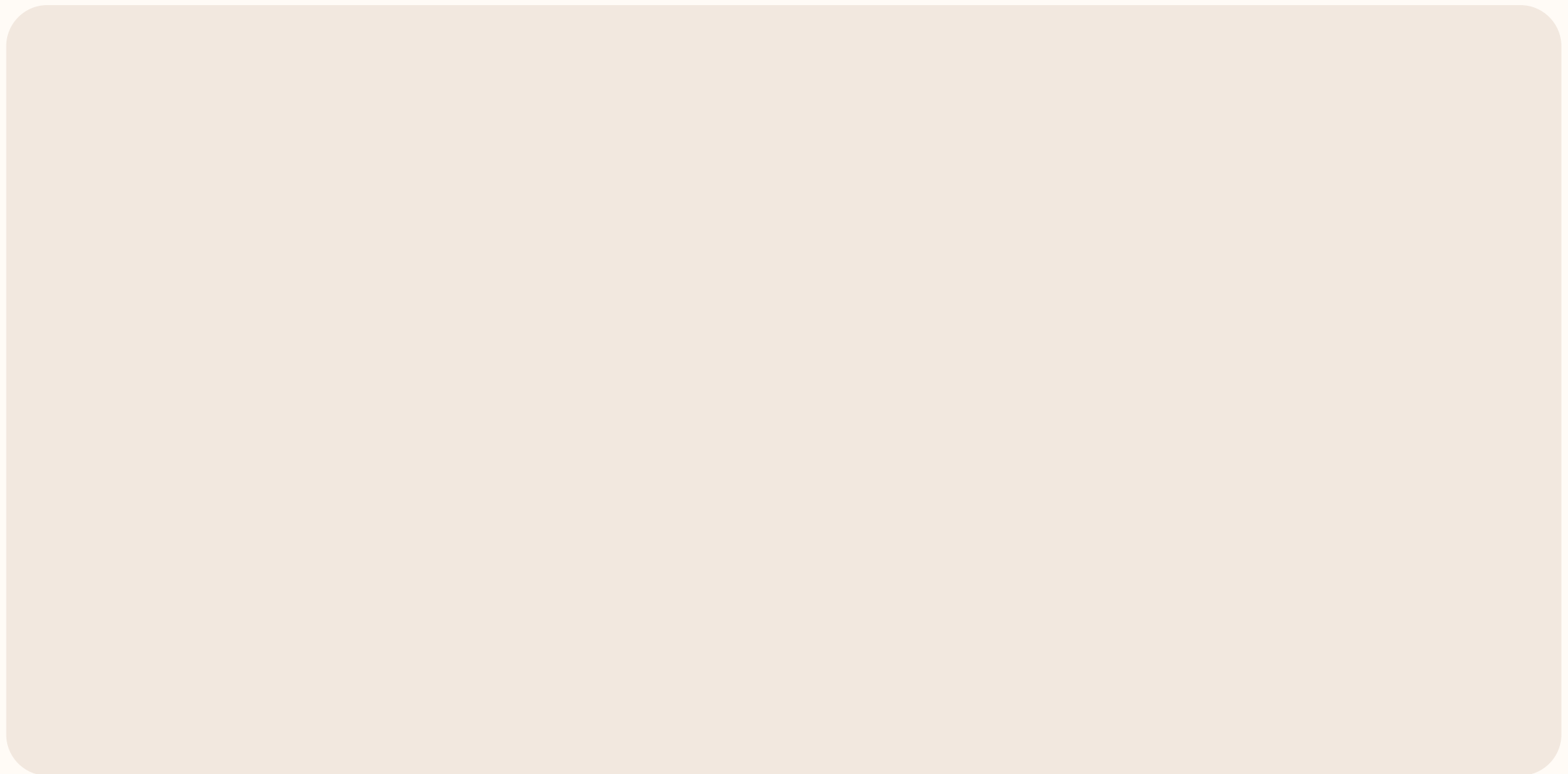
This exercise is to help increase mindful self-monitoring. When body image thoughts come up, the goal is to:

- Identify what emotions you're experiencing
- Pinpoint what event triggered those emotions
- Listen objectively to your thoughts/perceptions
- Monitor how you behave in reaction to the thoughts and emotions

Activators:

What events activated or triggered your body image feelings? Write down a brief description of the situation.

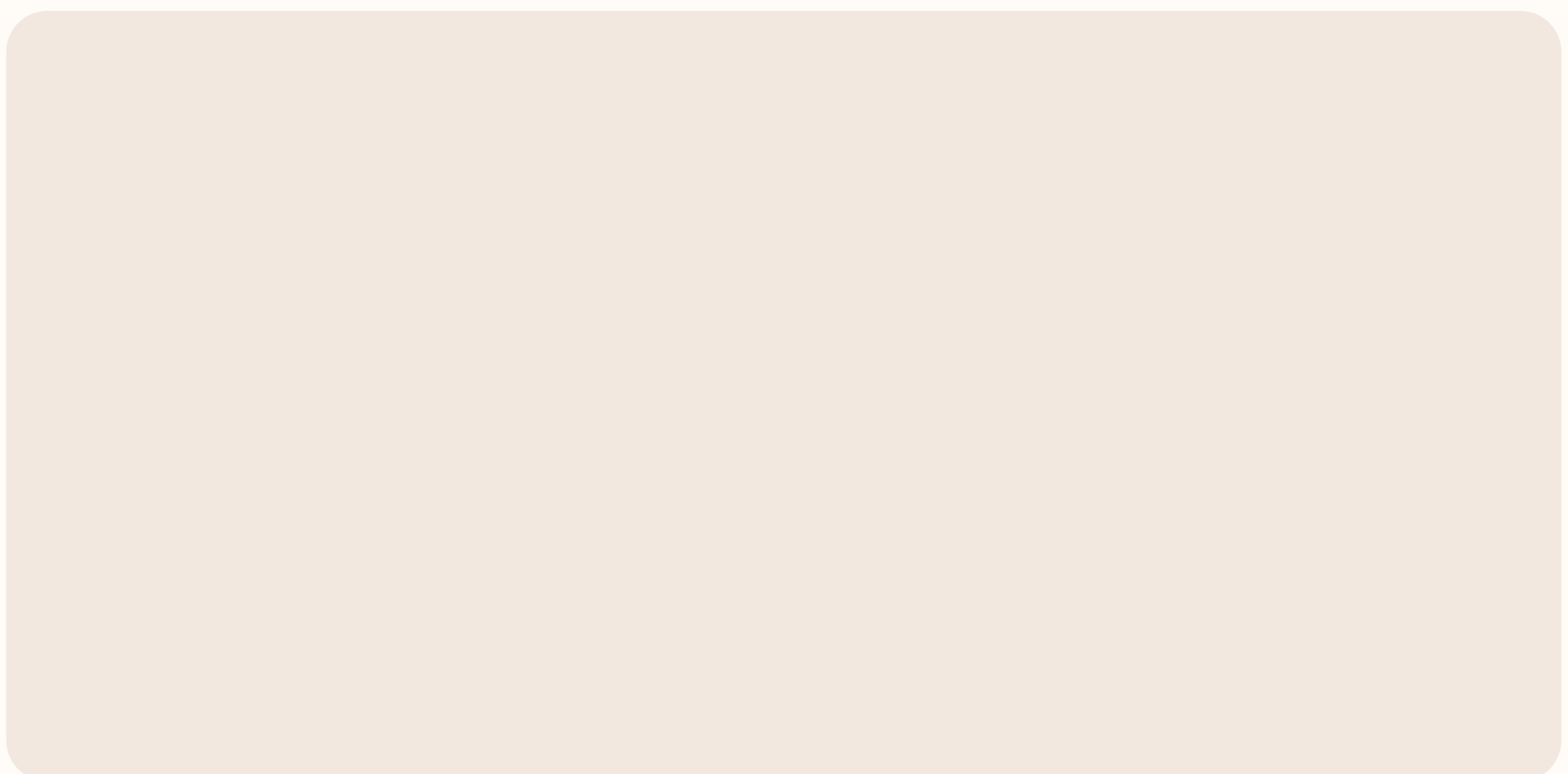
Example: "I went to the pool and wore a swimsuit."



Beliefs & Thoughts

What thoughts came up for you? "I was thinking_____."

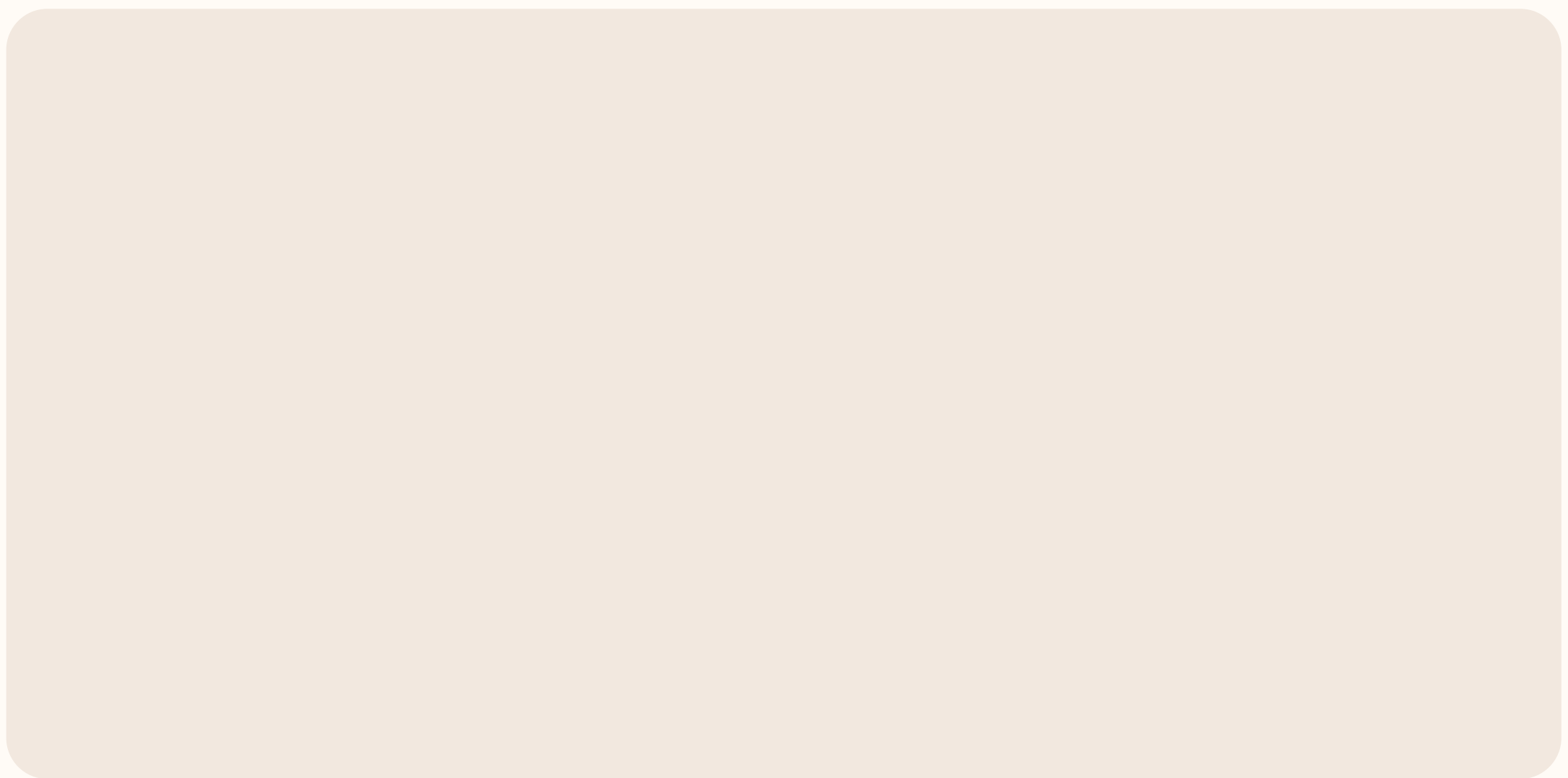
Example: "I was thinking that everyone was looking at me, and about how much my body shape has changed. I wondered if they thought I let myself go, and if I was still attractive."



Consequences:

Type of emotion: Write down what emotions you experienced i.e. anxious, shame, anger, disgust, envy, embarrassment, etc.

Example: "I felt angry, anxious, and ashamed."



Intensity of emotion: Rate the emotion on a level of 1 "Not intense" and 10 "Very intense".

1 2 3 4 5 6 7 8 9 10

Duration: How long did your distress last? How long did it take before you felt noticeably better?

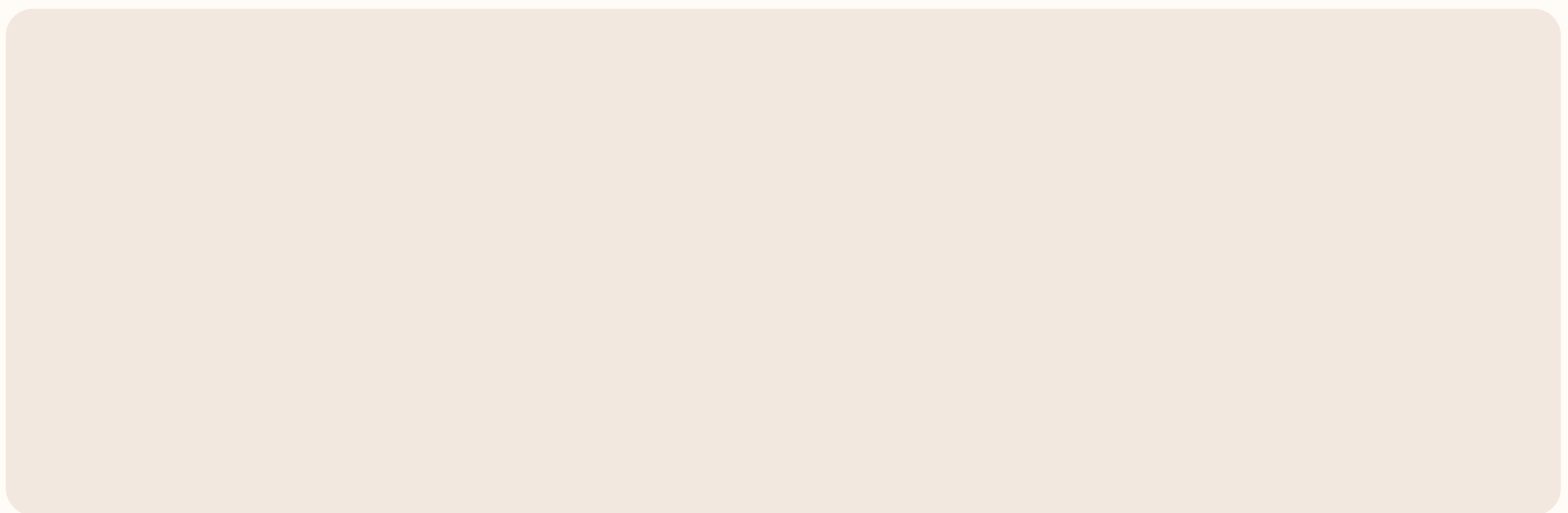
Example: "Initially when I took my clothes off, roughly 1 minute, and then every time I walked around about 3 hours."

Effects of the episode on my behavior: Did you try to get out of the situation? Did you attempt to conceal a part of your body? Did you become sullen and withdrawn?

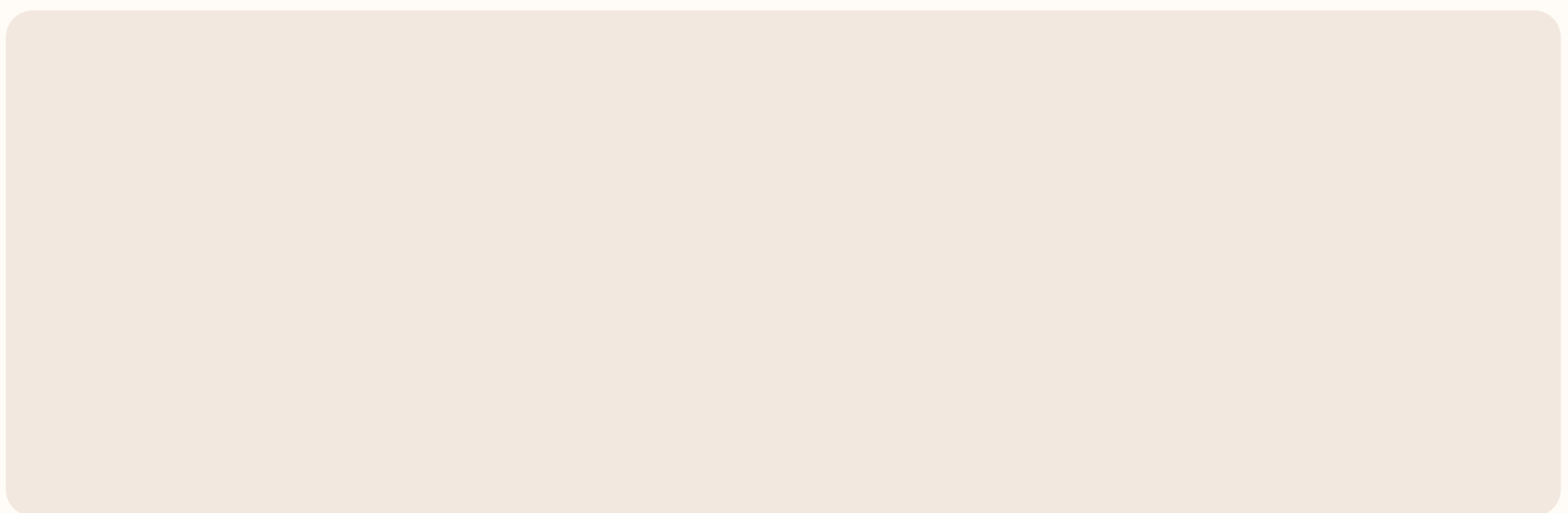
Example: "I took several deep breaths, and reminded myself of why I'm choosing recovery. I did notice that I tried to cover up parts of my body. Despite my discomfort, I said "YES!" to jumping in the lazy river with my friends."

Now, practice doing this journaling activity anytime a body image episode comes up for you for the next 4–5 days. You could use a journal, or type it out, if that works better for you. Just observe and let your thoughts flow.

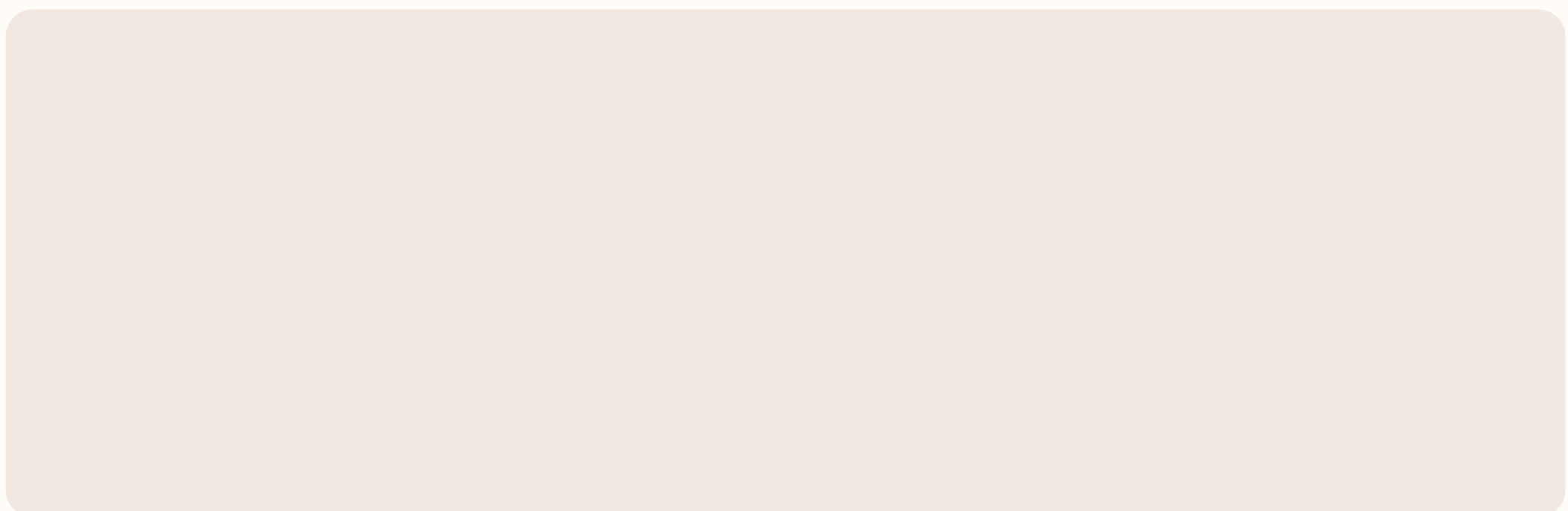
Activators:



Beliefs & Thoughts:



Consequences:



Intensity of emotion: Rate the emotion on a level of 1 "Not intense" and 10 "Very intense".

1 2 3 4 5 6 7 8 9 10

Duration:

Effects of the episode on my behavior:

Gentle Reminder:

Exploring distressing body image moments can be very tricky, uncomfortable, and confusing. Take care of yourself. Consider working alongside our dietitians for additional support.

Contact@sidebysidenutrition.com

