

CBT Techniques For Body Image & Self-Esteem

This CBT worksheet is designed for addressing body image and self-esteem issues. This worksheet will aim to help you challenge negative thoughts and beliefs about your body and enhance your self-esteem through cognitive-behavioural techniques.

Identifying Negative Thoughts:

1. **Body Image Journal:** At Evolve, we recommend you start by keeping a journal to track your thoughts and feelings about your body throughout the day. Pay attention to any negative or critical thoughts that arise, as well as the situations or triggers that may prompt these thoughts.
2. **Negative Thought Log:** Use the Negative Thought Log to record specific negative thoughts about your body. Identify the automatic thoughts that contribute to feelings of dissatisfaction or low self-esteem.

Challenging Negative Thoughts:

1. **Evidence Gathering:** Challenge negative thoughts by gathering evidence to support or refute them. Ask yourself questions such as:
 - What evidence do I have to support this negative thought?
 - Is there evidence that contradicts this thought?
 - What would someone else say about this thought?
2. **Alternative Perspectives:** Generate alternative, more balanced thoughts to replace negative ones. Consider alternative perspectives that are more compassionate and realistic. For example:
 - "My worth is not determined by my appearance."
 - "I am more than just my physical appearance."

Behavioural Experiments:

1. **Mirror Exposure:** Practice spending time in front of a mirror without engaging in negative self-talk or criticism. Focus on appreciating your body for its functionality and the unique qualities that make you who you are.
2. **Body-Positive Activities:** Engage in activities that promote body acceptance and self-care, such as exercise, yoga, or creative expression. Notice how engaging in these activities affects your mood and self-perception.

Cultivating Self-Compassion:

1. **Self-Compassion Letter:** We often encourage our clients at Evolve to write a letter to themselves from a place of self-compassion and understanding. Offer yourself words of kindness, encouragement, and acceptance, as you would to a close friend or loved one.
2. **Self-Care Practices:** Prioritize self-care activities that nurture your physical, emotional, and mental well-being. Practice self-compassionate behaviours, such as setting boundaries, practicing mindfulness, and seeking support from others.