

Worksheet 9.4 How are body-image comparisons working for you?

	How many times did I compare my body to others?	How many times did I compare my current body to what my body looked like in the past?	At the end of the day how do I feel about my body?	At the end of the day how do I feel about myself?
Day 1: Making as many comparisons as possible				
Day 2: Making as many comparisons as possible				
Day 1: Abstaining from comparison making				
Day 2: Abstaining from comparison making				
<p>Ideas to help me resist comparison making (e.g., not getting on social media sites, distract myself with a hobby I like, listen to music):</p>				