

Worksheet 9.3 How to design a successful body-image experiment

What am I afraid will happen to my body shape or weight or what am I afraid others will say about my body shape or weight?

How would I know for sure if this happened? What specific outcomes would confirm my fear?

How sure am I that this would happen (0–100%)?

How will I test this fear? How long does my experiment need to run?

When I think about doing this experiment, do I feel pretty anxious? On a Subjective Units of Distress Scale (SUDS) from 0 to 100, do I think I am at least at a 50?

What safety behaviors do I think I might be tempted to do during this experiment?

How can I reduce the temptation to use safety behaviors? What steps can I put in place to help myself resist them?

What happened? Did the outcome I predicted happen?

How much do I believe my previous predictions if I were to do this experiment again?

What did I learn and do I need to do another experiment?