BODY IMAGE DIARY

THE ETPHD METHOD

| Day / time | Situation | Feelings |
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| | | |
| Appearan thought | ce Appearan s | ce behaviours / body checking |
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| How do I | feel after these thoughts & | behaviours? |
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| What is the | objective reality of the thou | ght / situation? |
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| How o | can I reframe the thought / s | situation? |
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| How woul | d it feel to accept reality & n | ny reframe? |
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