

# Body Dysmorphic Disorder Worksheet

Name: Andrea Jones

Age: 28

Date: 02-27-2024

## Understanding BDD

BDD is a mental health disorder where a person can't stop thinking about one or more perceived defects or flaws in their appearance, which may be minor or not observable to others.

### In your own words and experiences, how would you describe BDD?

BDD feels like being trapped in a never-ending cycle of negative thoughts about my appearance. No matter how much I try to convince myself otherwise, I can't shake the feeling that something is fundamentally wrong with how I look.

### List the specific areas of your appearance that you are concerned about, and describe what you perceive as the flaw or defect.

Nose - It appears too large and crooked.  
Skin - I see it as having too many blemishes and an uneven tone.  
Hair - It seems too thin and lacks volume.

## BDD Thoughts and Behaviors

### Record any BDD-related thoughts and the situations in which they occur/occurred.

Thought: "Everyone is staring at my nose."  
Situation: At a friend's birthday party.

**Identify any behaviors or rituals you engage in because of your BDD concerns. Mention their frequency and their trigger.**

Behavior: Checking my reflection in mirrors excessively.

Frequency: 10-15 times a day.

Trigger: Leaving the house or meeting new people.

### **Challenging BDD Thoughts**

Here is a short glossary of cognitive distortions:

- **All-or-Nothing Thinking (Black-and-White Thinking):** Viewing situations in only two categories instead of on a continuum.
- **Overgeneralization:** Making broad interpretations from a single or few events.
- **Mental Filtering:** Focusing only on the negative aspects of a situation and ignoring the positive.
- **Discounting the Positive:** Rejecting positive experiences or attributes by insisting they "don't count."
- **Jumping to Conclusions:** Making negative interpretations without evidence. This can include mind reading (assuming the thoughts and intentions of others) and fortune telling (predicting future events, usually negatively).
- **Magnification (Catastrophizing) or Minimization:** Exaggerating the importance of problems or shrinking the significance of desirable qualities.
- **Emotional Reasoning:** Believing that because you feel a certain way, it must be true.
- **Should Statements:** Using "should," "ought to," or "must" statements can lead to feelings of guilt or frustration.
- **Labeling and Mislabeled:** Assigning global negative labels to oneself or others based on specific events.
- **Personalization:** Attributing external events to oneself without evidence, leading to undue responsibility for events.

**Look at your BDD thoughts and identify any cognitive distortions.**

Thought: "Everyone is staring at my nose."

Distortion: Jumping to conclusions and magnification.

**For each distorted thought, try to reframe it in a more balanced and realistic way.**

"People are likely more focused on the conversation than on my appearance."

### **Developing Coping Strategies**

Try out the following relaxation techniques:

#### **Deep Breathing:**

1. Find a comfortable position, either sitting or lying down.
2. Close your eyes and take a slow, deep breath in through your nose, filling your lungs completely.
3. Hold the breath for a few seconds, then exhale slowly through your mouth.
4. Repeat this process for several minutes, focusing on the sensation of breathing and the relaxation of your body with each exhale.

#### **Progressive Muscle Relaxation:**

1. Start in a comfortable seated or lying position.
2. Tense a group of muscles as you breathe in, squeezing them as tightly as you can.
3. As you breathe out, release the tension and notice the feeling of relaxation.
4. Work your way through different muscle groups in your body, starting from your toes and moving up to your head.

#### **Guided Imagery:**

1. Find a quiet, comfortable place to sit or lie down.
2. Close your eyes and imagine a peaceful, calming scene or place that you enjoy.
3. Focus on the details of this scene, such as the colors, sounds, and smells.
4. Allow yourself to feel fully immersed in this peaceful environment, letting go of any stress or tension.

#### **Mindfulness Meditation:**

1. Sit comfortably with your back straight and your feet flat on the floor.
2. Close your eyes and bring your attention to your breath.
3. Notice the sensation of breathing in and out, without trying to control or change it.
4. If your mind wanders, gently bring your focus back to your breath.
5. Continue this practice for several minutes, staying present in the moment.

### **Which of these relaxation techniques helped you feel better?**

Mindfulness Meditation helped me the most in feeling grounded and less focused on my appearance.

**What positive activities do you enjoy help distract you from BDD thoughts.**

I enjoy painting and going for walks in nature. These activities help me focus on the present moment and appreciate beauty in different forms.

**Setting Goals**

**Set achievable short-term goals related to managing your BDD.**

Practice mindfulness meditation for 10 minutes daily.  
Limit mirror-checking to three times a day.

**Set long-term goals for your overall well-being and recovery from BDD.**

Build a more positive body image and self-esteem.  
Engage in social activities without excessive worry about my appearance.

**Reflection and Progress**

**Reflect on your progress, challenges, and any insights you've gained.**

I've made progress in reducing the frequency of mirror-checking, but I still struggle with negative thoughts about my appearance. I've learned that mindfulness helps me focus on the present rather than getting lost in my insecurities.

**Health Professional's Observations, Recommendations, and Notes**

Andrea has shown commitment to her treatment plan and has made progress in managing her BDD symptoms. It is recommended that she continues with her relaxation techniques and gradually exposes herself to social situations to build confidence in her appearance.

**Name of Health Professional and Signature:**

Dr. Sarah Martinez



**Name of Practice:**

Sunshine Minds Mental Health Clinic