

Body Dysmorphic Disorder Worksheet

Name:

Age:

Date:

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?

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

BDD Thoughts and Behaviors

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

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

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.

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

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?

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

Setting Goals

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

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

Reflection and Progress

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

Health Professional's Observations, Recommendations, and Notes

Name of Health Professional and Signature:

Name of Practice: