

Body Dysmorphic Disorder Worksheet

Name: _____ Date: _____

Age: _____ Practitioner: _____

Body dysmorphic disorder (BDD) is a mental health condition 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, how would you describe BDD?

List any areas of your appearance 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 situation in which they occur in.

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

Challenging BDD thoughts

A cognitive distortion is a biased or irrational thought pattern that reinforces negative beliefs. These distorted thinking patterns can contribute to emotional distress and behaviors like anxiety or depression.

Examples include overgeneralization, catastrophizing, and all-or-nothing thinking. Identifying and challenging cognitive distortions is key to improving mental well-being.

Look at your BDD thoughts and identify any cognitive distortions.

For each cognitive distortion, try reframing it in a more balanced way.

Coping strategies

What positive activities do you currently do to help distract you from BDD thoughts?

What are some mindfulness activities you could engage in when you are feeling distressed by BDD thoughts?

Setting goals

Set 3 short-term goals that are related to managing your BDD thoughts.

Set 3 long-term goals that are related to managing your BDD thoughts.

Reflections

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

Practitioner's notes

Practitioner's signature: _____