



Body Comments

Make a list of bothersome things people have said or done that relate to your weight/health.



Body Comments

CURRENT MODEL

Circumstance:

Thought:

Feeling:

Action(s):

Results:

FUTURE MODEL

Circumstance:

Thought:

Feeling:

Action(s):

Results:



Body Comments

CURRENT MODEL

Circumstance:

Thought:

Feeling:

Action(s):

Results:

FUTURE MODEL

Circumstance:

Thought:

Feeling:

Action(s):

Results: