CONFIDENCE & IDENTITY - COGNITIVE BEHAVIORAL THERAPY (CBT)

Social Comparison & Body Image Thought Audit

Notice comparison triggers and practise a more balanced way to talk to yourself.

HOW TO USE: Complete each step in your own words. Short answers are enough.

Participant Name: _____ **Date:** _____ **Target: 15m**

1 CATCH THE TRIGGER & MIRROR TRAP

Name the exact trigger: Trying on clothes, seeing a filtered reel, or a relative's comment at a family function. Notice how your body tenses up.

PRACTICAL TIP: Notice what happened and what you felt; you do not have to change the thought immediately.

2 WRITE DOWN THE AUTOMATIC CRITICAL SENTENCE

Write down the exact harsh sentence your inner critic whispered: 'I look hideous in this', 'Everyone is staring at my weight/skin'.

PRACTICAL TIP: Writing a thought down can help you look at it with a little more distance.

3 UNMASK THE COGNITIVE DISTORTION

Check the trap: Are you Mind Reading ('They all think I am ugly'), Catastrophizing, or comparing your raw day to someone's curated 3-second highlight reel?

PRACTICAL TIP: Online images may be edited or carefully selected. Try not to use them as the only measure of your appearance.

4 FORMULATE THE BODY-NEUTRAL REFRAME

Replace self-hatred with neutrality: 'My body carried me through a long day of school and sports. I do not need to look like a filter to deserve respect and happiness.'

PRACTICAL TIP: You can aim for respectful, neutral language without forcing yourself to feel positive.