



CBT Worksheet: Managing Weight-Related Anxiety

Instructions:

This worksheet is designed to help you identify and challenge negative thought patterns related to your weight. Take some time to reflect on your feelings and complete the exercises below.

If you find that you need more space for any of the exercises, feel free to use an extra sheet of paper to continue your reflections.

1. Self-Reflection:

Take a moment to think about how you feel about your weight. Write down any specific thoughts or feelings that come to mind.

- Negative Thoughts:
 -
 -
- Positive Thoughts (if any):
 -
 -

2. Identifying Cognitive Distortions:

Review the list of common cognitive distortions below. Identify any distortions that apply to your negative thoughts about your weight.

- All-or-Nothing Thinking
- Catastrophizing
- Mind-Reading
- ...

Distortions I Notice:

-

3. Challenging Negative Thoughts:

For each negative thought you listed in the "Negative Thoughts" section, challenge it with a more realistic and positive perspective.

- Negative Thought:
 -
- Challenge/Reframe:
 -

4. Setting Realistic Goals:

Think about specific, achievable goals related to your body image and overall well-being. Write them down.

- Goals: 1.

5. Tracking Progress:

Create a simple chart to track your progress in changing thought patterns and behaviors.

Date	Positive Thoughts (Count)	Negative Thoughts (Count)
[Date]		
[Date]		
[Date]		

6. Affirmations:

Write down positive affirmations related to your body image and self-worth.

-
-
-

Conclusion:

Reflect on what you've learned from completing this worksheet. Remember to be kind to yourself and celebrate your progress, no matter how small.