

# The 40-Day Mental Makeover: *For Weight Loss and Body Image*

## Self Discovery Profile

| Body Image Scores   | Acceptance Zone             | Needs Attention Zone             | At Risk Zone                     |
|---|-----------------------------|----------------------------------|----------------------------------|
| <b>Body Image Evaluation</b><br>_____ + _____ = _____   | 0 1                         | 2 3 4 5                          | 6-10, 11-15, 16-20               |
| <b>Body Image Thoughts</b><br>_____ + _____ = _____   | 0-1, 2-3, 4-5               | 6-8, 9-11, 12-14, 15-17          | 18-22, 23-29, 30-40              |
| <b>Body Image Distress</b><br>_____ + _____ = _____   | 0-1, 2-3, 4-5               | 6-8, 9-11, 12-14, 15-17          | 18-22, 23-29, 30-40              |
| <b>Appearance Importance</b><br>_____   | 0 1 2                       | 3 4 5 6                          | 7-8, 9-10, 11-12                 |
| <b>Body Image Coping</b><br>Appearance Fixing _____<br>Experiential Avoidance _____<br>Positive Rational Acceptance _____ | 0 1 2<br>0 1<br>11 10 9 8 7 | 3 4 5 6<br>2 3 4 5<br>6 5 4 3    | 7 8 9 10<br>6 7 8<br>2 1 0       |
| <b>Body Image Quality of Life</b><br>Negative Impact _____<br>Positive Impact _____                                       | 0 1<br>19 18                | 2-3 4-5 6-7<br>16-17 14-15 12-13 | 8-11 12-15 16-19<br>8-11 4-7 0-3 |

## How To Score Your Body Image Inventory

The Body Image Self Discovery Inventory is an eye opening process. The purpose of it is to help you become more aware of how your body image influences your emotions as well as all aspects of your life.

Follow the directions below to score each of your body image inventories.

### ***Body Image Evaluation***

*In this evaluation you've indicated the aspects of your appearance that you like or dislike. Count the number of characteristics with which you are Very Dissatisfied and multiply it times 2. Count the number of characteristics you rated Mostly Dissatisfied. Add these two numbers together to obtain your score (0-20), and enter it into the first column labeled "Body Image Evaluation".*

### ***Body Image Thoughts***

*This test determined how often you've had negative thoughts about your body over the past month. To obtain your score, first count the number of check marks you place in the middle column (Once Every Several Days). Next count the thoughts occurring Daily or Almost Daily (check marks in the last column) and multiply this number by 2. Add the two sums to obtain your score (0-40).*

### ***Body Image Distress***

*This evaluation focused on situations and events that lead to body image discomfort and distress. First add up the check marks in the column labeled "Sometimes". Next add up the check marks in the last column, "Often" and multiply this second number by 2. The sum of these two values is your Body Image Distress Score.*

### ***Body Image Appearance***

*This is a simple test to score. Simply count how many statements that you marked as Mostly True for you. Your score is the number of statements you marked in this column (0-12).*

## **Body Image Coping**

*This test has three scores that reflect different coping strategies that people use when they feel that their body image is threatened or challenged. The first strategy is called Appearance Fixing and it's score is the number of check marks you placed in the first column for items 1 thru 10. The second strategy is called Experiential Avoidance and this score is the number of check marks you placed in the first column for items 11-18. The final strategy is called Positive Rational Acceptance and this score is determined by the number of check marks you place in the first column for items 19-29.*

*The possible range of scores is 0-10 for Appearance Fixing, 0-8 for Experiential Avoidance, and 0-11 for Positive Rational Acceptance.*

## **Body Image Quality of Life**

*Your final test enables you to understand how your body image affects you and your life. You need to calculate two scores. The first one is the Negative Impact score which is the number of times (from 0-19) that you checked 'Mostly a Negative Effect', in the first column. The second score, Positive Impact, is the number of check marks (from 0-19) you placed in the last, 'Mostly Positive Effect', column. Enter these two scores into your Profile.*

## **How To Interpret Your Body Image Inventory**

Now that you've scored each of your Body Image Tests/Evaluations, lets take a look at what each of your scores means. Remember, this is just a snapshot of where you are *right now* with your *current thought, belief and emotional habit patterns as they relate* to your body image. It's important to allow these evaluations to be a reflection of those unconscious ways of thinking and acting that you are going to transform over the next eight weeks. These evaluations will help you to determine exactly what it is that you need to shift so that you can step into an empowered way of being in and with your body.

You will need to refer to your Self Discovery Sheet as you are reading through the following.

### ***The Three Body Image Zones***

To the right of the Body Image Test Scores column are three more columns, your Body Image Zones. For each score, circle the value or the range that represents your score.

This serves to place your scores on a continuum that will help you to understand your score in terms of the three zones: Acceptance, Needs Attention and At Risk.

The scores in the Acceptance Zone reflect a positive, and healthy body image. Individuals with a lot of scores in this zone have an empowering body image.

The scores in the Needs Attention Zone signal a warning and help to identify direction for transformation, which the 40-Day Mental Makeover will make possible for you. Those facets of your body image in this zone cause some difficulties and struggles for you in certain situations. The closer you are to the Acceptance Zone, the better; and the closer you are to the At Risk Zone, the more body image difficulties you experience. The Needs Attention Zone pinpoints aspects of your body image that have room for improvement and that you'll want to work with throughout this program.

Scores in the At Risk Zone are red flags. They are aspects of your body image that are particularly troublesome for you and contribute to a disempowering body image. At Risk Zone scores highlight key areas to focus on for your body image throughout your 40-Day Mental Makeover.

Next we will explore each of your evaluation results in more detail so that you understand what your scores are telling you about your body image.

### ***Body Image Evaluation:***

According to the research of Thomas Cash (2000) who created these body image tests, those who scored primarily in the 'Needs Attention' and 'At Risk' zones, are dissatisfied with many of their physical characteristics. He further surmises that there are two primary reasons that people score in these zones.

First, there are likely to be several distinct sources for displeasure of your looks. An inability or unwillingness to find anything that is really OK with your body makes it a 'moving target for your discontent', says Cash.

Second, is the 'spillover' factor. For instance, when you're unhappy with your weight, it will spill over into a dissatisfaction with another body part (ie: arms, thighs, belly etc...). In reality, you're only unhappy with your weight, but it affects your evaluation of other features of your body.

It's important to understand that if you are mostly OK with your body image, but have one or two features that create a sense of struggle and frustration, those feelings can actually sabotage your overall satisfaction with your appearance. Is this true for you? Are you blaming your entire body for one or two disappointing features?

Throughout the 40-Day Mental Makeover, we'll be guiding you to accept your physical appearance, to love yourself, imperfections and all!

## ***Body Image Thoughts***

The Body Image Thoughts evaluation was created by Cash, Lewis and Keeton (1987). This test ***pinpoints negative thoughts*** that people have about their overall appearance. Scores in the At Risk zone mean that you tend to think the worst about your looks and you think it often. You believe that your mental criticisms are true and you tend to focus on 'flaws'. You have a tendency to worry about what others think about your looks and tell yourself the story that they are judging you, in the same way you judge yourself. It's difficult to break the vicious cycle of these belief patterns when you don't have the proper tools to overcome them.

If you score in the Needs Attention zone, you're likely to have less self-critical thoughts but may put your body down in a more focused way, picking one or two features.

Now let's consider how often you have self-loving, self-accepting and self-affirming thoughts about your body. How open are you to pleasant and approving thoughts about your looks? Do you close your mind to self-acceptance? Do you push aside compliments you receive from others? If so, why? Your answers to these questions provide the doorway into your sabotaging belief systems. It's time to call yourself out, expose the lies, expose the self-judgement, take accountability and choose new thoughts..... now.

## ***Body Image Distress***

What situations and events trigger your body image 'land mines'? According to Cash (1994, 2000), this test score reflects how many situations trigger you to become bothered or upset about your looks.

If you have a score in the At Risk zone, it indicates that certain events and circumstances will intensify your body image displeasure. Feelings of anxiety, shame, blame, disgust, anger, frustration, envy or self-consciousness make these situations even worse. Scores that are in the Needs Attention Zone indicate that you have some times and places that intensify your body image displeasure.

Through the 40-Day Mental Makeover you'll discover that although you ultimately don't have control over the situations, circumstances and events in your life, you do have control over your reactions to them. Most of us react unconsciously which is why the feelings of self-consciousness, anger, anxiety and shame persist. However, when you learn how to navigate your thoughts through the social land mines, your reactions begin to shift allowing you to have a new experience of social interactions.

We'll also be focusing on your most provocative situations, the ones in which you're unconsciously conditioned to react emotionally.

## ***Importance of Appearance***

The Appearance Test taps a very important aspect of your body image (Cash and Labarge, 1996; Cash, Melnyk and Hrabosky 2004). According to Cash, “it provides you with a measurable index with which to determine how much you’re invested in your physical appearance for defining your identity and self-worth.”

Scores in the At Risk zone indicate that you place excessive emphasis on your physical appearance in terms of how you think about yourself in every day life. Scores in the the Needs Attention zone indicate that your appearance is moderately influential on how you think about yourself. The key is, the higher your score, the more vulnerable you are to body image troubles.

The truth is, the more energy you focus on being physically attractive because you believe it’s essential to your self-worth, the lower your sense of self-worth will actually be.

We’ll be helping you to gradually deemphasize your looks and to put them in a proper, happier perspective. You are much more than your looks.

## ***Body Image Coping***

According to Cash, Santos and Williams (2005), there are three basic ways that people try to cope with threats or challenges to their body image, and the Coping test provides insight into each of these three coping mechanisms: Appearance Fixing, Experiential Avoidance, and Positive Rational Acceptance.

Appearance Fixing involves mental and behavioral attempts to change something about your looks (Cash, 2000). An example of Appearance Fixing would be if you feel fat, you wear your ‘fat jeans’ instead of your ‘skinny jeans’, you start to plan going on a diet, or you hire a personal trainer to help get you back into shape again. An alternative tactic is called compensation, where you try to improve something specific about your looks like getting a new haircut or buying a new outfit to make you look better in order to feel better. A final strategy that falls under the category of Appearance Fixing is seeking reassurance from others . Asking a friend “Do I look fat in this dress” in hopes of hearing back “No, not at all”, will fix your concerns.

Experiential Avoidance involves doing things to block or evade negative body image emotions. You may say to yourself “Don’t think about this” or “ I can’t think about this.” Or you may avoid by distracting yourself from an upsetting experience by doing something else like eating, gossiping with a friend or watching TV. Another way this coping mechanism shows up is by avoiding situations that you expect will trigger those uncomfortable feelings: You decide not to go to your high school reunion or you refuse to go to a beach party. Although avoidance provides temporary relief, it perpetuates body image difficulties.

Throughout your 40-Day Journey, you'll be learning how to accept your feelings instead of avoiding them.

The final coping strategy is Positive Rational Acceptance. This represents a healthy coping strategy, one which we are aiming for in this program. When you are using Positive Rational Acceptance as a coping mechanism, you understand that discomfort is neither dangerous or revealing of some horrible inner-truth about you and who you are. You are aware of and accept that feeling rather than denying it, avoiding it or allowing it to dictate what you do in any situation.

### ***Body Image Quality of Life***

In what ways does your body image influence your everyday life? This test (Cash and Flemming, 2000; Cash Jakatdar and Williams, 2004) reveals your Body Image Quality of Life scores. A high Negative Impact score means that your body image produces many disruptive, interfering effects on your life. A low Positive Impact score indicates that your view of your appearance seldom gives you the experience of joy, happiness, pleasure or contentment.

One of the ultimate goals of the 40-Day Mental Makeover journey is to enhance your quality of life by helping you improve your body image acceptance.