

BAN BOOK











Sun Mon Tue Wed Thu Fri Sat

OBJECTIVES

Compulsive body checking behaviors reinforce negative body image. Breaking the cycle of compulsive behaviors can ultimately improve body image. A Ban Book allows you to track your unwanted compulsive behaviors with the ultimate goal of eliminating these behaviors.

INSTRUCTIONS

You will keep track of the number of times you conduct unwanted behaviors (submits) and the number of times they had urges to conduct these behaviors but did not (resists). You will record bans in a journal or in a small hand notebook. With this, you can raise more awareness around these behaviors!

Body Checking

SUBMITS	RESISTS