

Exposure Hierarchy for Body Avoidance

OBJECTIVES

We avoid behaviors and experiences that trigger negative BI. In the long run, this kind of avoidance actually reinforces or increases negative BI. Gradual exposure to these feared stimuli allows you to increase tolerance of your body and improve BI over time.



INSTRUCTIONS

Work with treatment team to create a list of feared or avoided stimuli related to your body or negative BI. These stimuli are given SUDS (subjective units of distress scale) ratings. You begin with exposure to moderately anxiety-provoking stimuli (e.g., SUDS of 30-40) and work your way up to more distressing stimuli.

