

FINDING OUT WHAT YOU BELIEVE

Complete these sentences and see if you can find any negative thinking that needs to work.

Thin is _____

Fat is _____

Pretty is _____

Ugly is _____

The reason I won't or may not have a beautiful body is:

Some of the negative thing about being thin are:

My greatest worry or fear about thinness are:

I would be happier if I would be thinner because:

Three reasons why I believe I do/don't deserve to be thin are:

1.
2.
3.

