

Appendix II

Chapter 3 Exercise

Thoughts

I'm not going to be able to do this.
I feel really self-conscious.
I'm always going to feel this way.
Nothing ever goes right.
I feel out of control.
I'm having a heart attack.
I feel hot and sweaty.
She's being inconsiderate.
I feel really depressed.
I'm a loser.

Feelings

depressed
guilty
feeling blue
feeling discouraged
ashamed
panicky
enthusiastic
humiliated
remorseful
feeling worthless

Physical sensations

sweaty palms
heart racing
feeling dizzy
breathlessness
feeling faint
nausea
feeling tired
feeling in pain
exhausted
dry mouth

Behaviours

seeing friends
avoiding going out
discussing my feelings
checking the oven is off
checking my weight each day
restricting my diet
washing my hands over and over
drinking excess alcohol
telling lies
hiding my shaky hands