

Felt fat rolls with hands. See fat rolls on stomach.

Your emotions:

I felt mortified.

I felt humiliated.

I felt disgraced.

You reported an initial distress rating (SUDS) of 10--Unbearable, out-of-control.

Your thoughts::

I see my fat rolls and think/ know how disgusting they are. I want to diet and get rid of them but dieting is hard.

Believe thoughts: 100% or Completely.

Irrational beliefs selected::

Negative Evaluation of Self

Catastrophic Thinking

Shoulds

Labeling Self

Generalizing

Emotional Reasoning

Your challenge::

I'm only looking at the negative side.

The positive is as likely as the negative.

I need to look for the positive too.

There are positive things about me too.

I don't need to be so critical of myself.

The worst case scenario is not likely to happen.

This is an unnecessary demand.

My expectation is unreasonable.

I might prefer something else, but I don't need it.

Shoulds are demands I place on myself.

I can't expect perfection.

I don't deserve this negative label.

I don't need to be so harsh with myself.

Stop being so critical of myself.

What is this emotion based on?

Feeling something doesn't make it true.

Believe challenge: 50% or Moderately.

Your comments/plans::

I am a very smart and kind person. And my big belly will not change that. A lot of sect people are bigger and maybe i should not think so harshly about my own body. I am labelibg myself as "fat" when there is more so me than just being fat."you have fingernails but are not fingernails" I HAVE fat I am NOT FAT.k am generalizing that I am disgusting just because I have extra fat and a bigger belly than someone else. I probably do not look as disgusting as i think I do. Just because I feel my big belly is disgusting that does not mean that is true. J do not deserve to think of myself as a disgusting blob, but a good person who has a little extra belly..

You reported a final distress rating (SUDS) of: You reported a final distress rating (SUDS) of 1--Feeling basically good after completing the entry.