

Frequency of checking

DATE _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I check in a mirror for a long duration (e.g. applying make-up, grooming)							
I check briefly in a mirror or reflective surface (e.g. window)							

I check by looking at a feature directly without needing a mirror							
I check the 'picture in my mind' or memory of how I last looked							
I check by feeling my skin with my fingers							
I check my feature using a camera on my phone							
I check the feeling of elasticity or amount of fat by pinching my skin							
I check by measuring my feature							
I try to convince others about how unattractive my feature is							
I ask others to confirm the existence of my defect							

I seek reassurance
about whether my
feature has got
worse

I seek reassurance
about whether
my feature is
camouflaged
(for example, by
make-up)