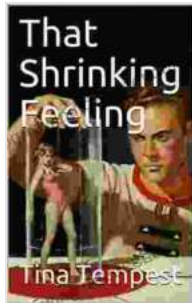


That Shrinking Feeling: Exploring the Phenomenon of Body Dysmorphic Disorder



That Shrinking Feeling by Tina Tempest

★★★★☆ 4.3 out of 5

Language : English
File size : 1468 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 54 pages
Lending : Enabled



What is Body Dysmorphic Disorder?

Body dysmorphic disorder (BDD) is a mental health condition that causes people to have a distorted view of their appearance. They may believe that they are 丑陋, deformed, or otherwise unattractive, even when there is no objective basis for these beliefs. BDD can lead to significant distress and impairment in functioning, and it can be difficult to treat.

Symptoms of Body Dysmorphic Disorder

The symptoms of BDD can vary from person to person, but they typically include:

* Preoccupation with one or more perceived flaws in appearance *

Excessive grooming or body checking * Repeated attempts to hide or

camouflage perceived flaws * Comparison of one's appearance to others *

Avoidance of social situations due to fear of being judged * Depression, anxiety, and other mental health problems

Causes of Body Dysmorphic Disorder

The exact causes of BDD are unknown, but it is thought to be caused by a combination of genetic, psychological, and environmental factors. People who have a family history of BDD are more likely to develop the condition, and it is also more common in people who have low self-esteem or a history of trauma.

Treatment for Body Dysmorphic Disorder

There is no cure for BDD, but treatment can help to manage the symptoms and improve functioning. Treatment typically involves a combination of therapy and medication.

* Therapy for BDD typically focuses on helping people to challenge their distorted beliefs about their appearance and to develop more positive body image. * Medication can also be helpful in reducing the symptoms of BDD, such as anxiety and depression.

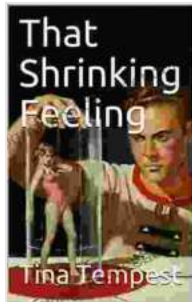
Coping with Body Dysmorphic Disorder

Coping with BDD can be difficult, but there are things that you can do to help manage the symptoms.

* Talk to someone you trust about your feelings. * Join a support group for people with BDD. * Practice self-care activities, such as exercise, healthy eating, and getting enough sleep. * Avoid comparing yourself to others. * Focus on your positive qualities. * Challenge your negative thoughts about your appearance.

Body Dysmorphic Disorder is a Serious Mental Health Condition

BDD is a serious mental health condition that can have a significant impact on your life. If you think that you may have BDD, it is important to seek professional help. Treatment can help you to manage the symptoms of BDD and improve your functioning.



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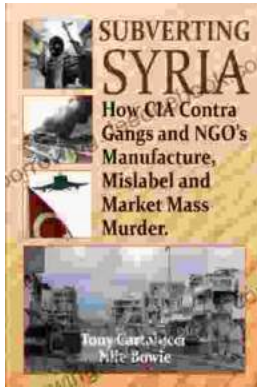
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