Body Dysmorphic Disorder

Body Dysmorphic Disorder (BDD) is a mental health condition in which a person is unusually concerned about perceived or small flaws in their appearance. It can be overwhelming and interferes with your quality of life. BDD presents in people of all ages, but is most common in teenagers and young adults.

Symptoms	Do i feel this way? If so, where in my body do I feel the emotion?	Trigger (what triggered this symptom?)	Thoughts (what thoughts followed the trigger)	How it made you feel
Preoccupation with the way a part of your body looks				
Comparing how you look to others				
Spending a lot of time concealing flaws				
Persistent, negative thoughts about your appearance				
Constantly checking your appearance or avoiding mirrors				
Picking at your skin				
Feeling ashamed or depressed about the way you or a part of you looks				
Avoiding social situations due how you look				
Feeling anxious that people will judge your appearance				
Needing frequent reassurance about your looks				
Anxiety about your appearance				