

Before you begin

The Fear to Courage Recovery Compass™ is designed for people who recognize they have Body Dysmorphic Disorder (BDD) and want help identifying the type of support that may be most useful for where they are today.

- Answer based on your current feelings and needs - not how you felt in the past.
- There are no right or wrong answers.
- Do not overthink your responses. Choose the answer that best fits where you are now.
- Select one response for every statement: Agree, Sometimes, or Disagree.

First name

Date

How scoring works

For each direction, you may count your Agree responses or calculate a score:

Agree = 2 | Sometimes = 1 | Disagree = 0

Add the five responses in each direction. Scores range from 0 to 10.

Your highest score is your Primary Compass Direction. If directions tie, they may represent equally important support needs. A tie is not a problem - review both result sections and notice which recommendations feel most useful now.

Legal Disclaimer

The Fear to Courage Recovery Compass™ is designed to help people who already recognize they have Body Dysmorphic Disorder (BDD) identify the type of support that may be most helpful for where they are today. It is not intended to diagnose BDD. If you are seeking a diagnosis, please consult a qualified mental health professional. The Recovery Compass is an educational and support tool and is not a substitute for professional mental health care.

Choose one response for each statement.

Agree

Sometimes

Disagree

- | | | | | |
|----|--|-----------------------|-----------------------|-----------------------|
| 1. | I want to learn more about BDD. | ☐ | ☐ | ☐ |
| 2. | I want to know why I get so triggered by certain situations or people. | ☐ | ☐ | ☐ |
| 3. | I don't know how to effectively cope with my BDD symptoms. | ☐ | ☐ | ☐ |
| 4. | I wonder if recovery from BDD is even possible. | ☐ | ☐ | ☐ |
| 5. | I want to understand how BDD affects the way I see myself. | ☐ | ☐ | ☐ |

North Agree count (0-5)

North score (0-10)

Score option: Agree = 2 | Sometimes = 1 | Disagree = 0

Choose one response for each statement.

Agree

Sometimes

Disagree

6. I feel stuck with my BDD and unable to move forward.

☐☐☐

7. I avoid practicing CBT skills, such as exposures or mirror exercises.

☐☐☐

8. I struggle to stop my BDD from taking over my day.

☐☐☐

9. I want to know how to handle events that trigger my BDD.

☐☐☐

10. I know what recovery skills are, but they're hard to use consistently.

☐☐☐

East Agree count (0-5)

East score (0-10)

Score option: Agree = 2 | Sometimes = 1 | Disagree = 0

Choose one response for each statement.

Agree

Sometimes

Disagree

11. My family and friends don't understand my BDD.

☐☐☐

12. I feel too ashamed to talk about my BDD with anyone.

☐☐☐

13. I am isolated and alone because of my BDD.

☐☐☐

14. Meeting other people with BDD would help me feel better.

☐☐☐

15. I need support from others who understand BDD.

☐☐☐

West Agree count (0-5)

West score (0-10)

Score option: Agree = 2 | Sometimes = 1 | Disagree = 0

Choose one response for each statement.

Agree

Sometimes

Disagree

16. My BDD feels like a prison.

☐
☐
☐

17. Living with BDD is exhausting.

☐
☐
☐

18. My BDD keeps me from doing things I want to do.

☐
☐
☐

19. Because of my BDD, I avoid work, school, or spending time with other people.

☐
☐
☐

20. My BDD feels too overwhelming to manage on my own.

☐
☐
☐

South Agree count (0-5)

South score (0-10)

Score option: Agree = 2 | Sometimes = 1 | Disagree = 0

Your Compass Results

Compare your four directions

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Copy your Agree counts and/or scores from the four direction pages.

Direction	Agree count	Score
North - Learn		
East - Practice		
West - Connect		
South - Stabilize		
Primary Compass Direction		

If you have a tie

A tie can mean that two or more types of support are equally important right now. Review each tied direction on the following pages. You may treat both as primary needs, or choose the direction whose recommendations feel most helpful to begin with.

What stands out to you most about your results?

What Your Directions Mean

Use your Primary Direction as a starting point

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North - Learn

North suggests that learning and hope may be your most useful starting points. You may want clearer information about BDD, why it feels so powerful, and what effective help can look like.

[Explore North - Learn at Fear to Courage](#)

East - Practice

East suggests that you may understand some recovery skills but need help putting them into practice consistently, especially when BDD is loud or motivation is low.

[Explore East - Practice at Fear to Courage](#)

West - Connect

West suggests that shame, isolation, or feeling misunderstood may be adding to the burden of BDD. Connection with people who understand may be especially helpful.

[Explore West - Connect at Fear to Courage](#)

South - Stabilize

South suggests that BDD may be significantly disrupting daily life or feel too overwhelming to manage alone. Stabilization and professional support should take priority.

[Explore South - Stabilize at Fear to Courage](#)

Recommended Next Steps

Choose the ideas that feel most useful for where you are today

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North - Learn

- Learn about BDD symptoms, triggers, and common patterns through trusted BDD resources.
- Read or watch recovery-oriented material that explains CBT and exposure and response prevention (ERP).
- Identify questions you want to discuss with a BDD-informed clinician, coach, or support group.
- Choose one small learning goal rather than trying to understand everything at once.

East - Practice

- Work with a qualified clinician to create manageable CBT/ERP practice steps when possible.
- Use a simple plan to track exposures, ritual prevention, triggers, and what you learn.
- Ask for coaching, encouragement, or accountability that complements your treatment.
- Focus on one repeatable skill or situation at a time and recognize small steps forward.

West - Connect

- Consider a BDD peer-support group or moderated community where you can participate at your own pace.
- Choose one safe person and decide what you feel comfortable sharing about BDD.
- Use educational resources to help family or friends understand BDD and supportive responses.
- Seek connection that supports healthy coping and does not reinforce appearance reassurance or rituals.

South - Stabilize

- Seek an assessment from a licensed mental health professional, preferably one experienced with BDD and CBT/ERP.
- Discuss depression, anxiety, safety concerns, medication questions, and the level of care you may need.
- If a BDD specialist is unavailable, consider a qualified OCD, anxiety, depression, or trauma clinician who is willing to learn about BDD.
- Use education, peer support, and coaching only as complements to professional treatment - not replacements.

Help Us Improve the Recovery Compass

The Recovery Compass continues to be refined based on feedback from people with BDD. If you'd like to share your experience, we'd appreciate your feedback.

[Share Your Feedback](#)

If you need immediate support

If you feel unsafe, are considering suicide, or are in emotional distress, call or text the 988 Suicide & Crisis Lifeline at 988. If there is immediate danger, contact local emergency services.