

BODY IMAGE

What is it?

Body image is ideas of what we think we look like. These ideas can come from the media, our families, our friends, society as a whole, etc. Answer the questions below to further explore your body image.

1. When you think of your body, what is the first couple of things that come to mind? Are they positive or negative?
2. How do the ideas you have of your looks and body make you feel?
3. What are the negative thoughts you have about your looks/ your body?
4. What makes you have these thoughts?
5. What are some strategies to stop these thoughts?
6. What do you like about your body and looks?

Using your answers from above, write down what a healthy body image would be for you.
