



LOOKING BACK: A Self-Reflection

Body Image Worksheet

When you look in the mirror what do you see? When you walk past a shop window and catch a glimpse of your body, what do you notice first? Are you proud of what you see, or do you think, I'm too short, I'm too fat, if only I were thinner or more muscular? Most people answer negatively. Reflect on the following questions.

1. Have you avoided sports or working out because you didn't want to be seen in gym clothes? If so, why?
2. Does eating even a small amount of food make you feel fat?
3. Do you worry or obsess about your body not being small, thin or good enough?
4. Are you concerned your body is not muscular or strong enough?
5. Do you avoid wearing certain clothes because they make you feel fat?
6. Do you feel badly about yourself because you don't like your body?
7. Have you ever disliked your body?
8. Do you want to change something about your body?
9. Do you compare yourself to others and "come up short?"

If you answered "yes" to 3 or more questions, you may have a negative body image.

Without mentioning your appearance, complete the following statements:

1. I love my body because ... _____
2. I love myself because ... _____

Make sure your answers aren't about the way you look, or the parts of the body you have, but are about the things you and your body have the power to do. Reread the list and add to it often.

