

Journaling Prompts

1. What aspects of your physical appearance do you really dislike?

2. Do you focus more on what you dislike about your looks than on what you like?

3. Do you attach your self-worth to your looks?

4. Do you avoid certain activities or situations because you feel self-conscious?
Specify them.

5. Do you often use clothes or cosmetics to cover up the “flaws” in your looks?

6. Do you spend a lot of time worrying about what others think of your appearance?

7. Do you spend a lot of time, effort, or money trying to “fix” your looks?

8. Do your feelings about your appearance get in the way of accepting yourself and enjoying your life?
