

Body Image Messages Worksheet

1. What messages about body image did you receive from your family growing up?

2. How did these messages make you feel about your own body?

3. What comments or behaviors from family members impacted your body image the most?

4. What messages about body image did you receive from the media (e.g., TV, magazines, social media)?

5. How did these media messages influence your perception of your own body?

6. What messages about body image did you receive from friends and peers?

7. How did peer comments or behaviors impact your body image?

8. Were there any significant experiences with peers that shaped your body image?

9. What messages do you tell yourself about your body?

10. How do these self-messages influence your feelings and behaviors related to your body?

11. What positive messages can you start telling yourself to improve your body image?

12. What activities or practices help you feel good about your body? (e.g., exercise, self-care, wearing clothes you love)

13. How can you incorporate these activities into your daily routine?

14. What supportive people can you surround yourself with to foster a positive body image?
