

# Body Image Workbook

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## Introduction to Workshop

Welcome to the Body Image Workshop! This workshop is a fast paced, 3-session seminar focused on learning about body image, what it is, what contributes to body image, and how to improve body image.

The three workshops are divided into content that builds upon itself to assist students in addressing body image concerns which are associated with negative self-perception. Body image concerns include, but are not limited to, high self-criticism, perfectionism, dissatisfaction with your body shape or size, and wanting to change how you look.

By the end of this workshop, you will have a better understanding of the common contributors to both positive and negative body image.

The activities in your workbook are for you and only you. We ask that you write your responses in the workbook because many of the in-session exercises build upon each other. You'll have some opportunity to participate out loud during this seminar, but please know that if you are uncomfortable, you will not be required to do so.

This seminar provides a lot of information in a very short period of time. Should you wish to focus more in depth on any of your body image concerns, you may debrief with a therapist following the completion of the workshop to discuss options.

If at any time you feel you need additional support, please let your workshop leader know or contact K-state CAPS at 785-532-6927. Additionally, feel free to visit our website for more resources <https://www.k-state.edu/counseling/>

## Session 1

## Body Image information sheet

**Body image** is how you think and feel about your appearance, and how you feel in your own skin. A person can have a healthy or unhealthy body image, regardless of how they look.

Unhealthy Body Image	Healthy Body Image
Bases self-esteem heavily on appearance.	Bases self-esteem on a combination of appearance and other qualities.
Tends to focus on disliked characteristics.	Views their body as a whole, rather than focusing on imperfections.
Compares self to examples that are unrealistic due to physical differences, photo editing, staged lighting, etc.	Creates ideals based upon realistic examples, taking personal characteristics and appearance into consideration.

Influences on Body Image		
Culture	Friends, Family, and Peers	Personality
The broadest influence on body image is culture, including media and social media. Culture sets expectations for appearance, even though these expectations are often unrealistic.	After culture, smaller social groups influence body image. Little comments and actions, whether positive or negative, can send powerful messages, even if they are unintentional.	Finally, individual characteristics influence body image. For example, high self-esteem contributes to healthy body image, whereas perfectionist tendencies contribute to unhealthy body image.

Body Image FAQ
<p><b>How can I improve my body image?</b> Quick, superficial fixes (e.g. crash dieting, drug use) are often ineffective. Developing healthy habits, improving self-esteem, and participating in therapy are solutions that may create lasting change.</p>
<p><b>Will cosmetic surgery improve my body image?</b> Not necessarily. Cosmetic surgery will change your physical appearance, but your feelings about yourself and your body may or may not change.</p>
<p><b>How does social media affect body image?</b> Images on social media are often heavily edited, and set unrealistic standards of health and beauty. Social media may influence what physical attributes you value, and warp your idea of what is normal.</p>

## BODY ACCEPTANCE BASELINE (T/F)

Read the following questions to help measure how accepting you are with your body and of yourself. Write **true (T)** if you agree with the statement and **false (F)** if the statement doesn't currently ring true for you. If you found yourself answering *false* for many of these statements, you may find these activities especially helpful in challenging the ways in which you've internalized the pressure to conform to the appearance-ideal. At the end of this guide, you will see this checklist again on page 34 and we hope you have noticed an improvement in the way you perceive your body.

- I like the way I look and appreciate my unique traits
- I can easily name my favorite body part
- I look in the mirror and see a beautiful person looking back
- I do not participate in group body bashing of myself and others
- I move my body in ways that are joyful and fun without the goal of changing my physical appearance
- I do not compare my appearance to anyone else
- I compliment others for their accomplishments rather than their appearance
- I wear clothing that fits my body and makes me feel good regardless of the size
- I do not comment on other people's weight
- I do not let the number on the scale determine my self-worth
- I do not avoid certain activities or clothing for fear of judgement
- I post realistic, unedited photos of myself on social media
- I know that media does not set the standards of beauty or perfection
- I don't feel the need to alter my natural physical appearance
- I realize that I'm beautiful no matter what shape or size I am
- I know that true beauty is not simply skin deep

# 4 Aspects of Body Image

## Perceptual

How you see your body



## Affective

How you feel about your body



## Cognitive

The way you think about your body



## Behavioural

Behaviours you engage in as a result of your body image



@Joyfulnutrition\_

## Questions to ask yourself

What qualities do I appreciate about myself, unrelated to my appearance?

- 1.
- 2.
- 3.
- 4.
- 5.

How does body image currently impact my life, positively or negatively?

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What factors, other than body image, contribute to my self-esteem?

- 1.
- 2.
- 3.
- 4.
- 5.

## Help Sheet for Change

Physical characteristics I'd like to accept more:

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

Negative body image thoughts I'd like to reduce or eliminate:

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

Situations I'd like to feel more comfortable with:

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

Beliefs and behaviors I'd like to change to be less invested in my appearance for my self-worth:

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

Ways that I cope with my body image difficulties that I'd like to change:

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

The consequences (effects) of my body image difficulties I especially want to change:

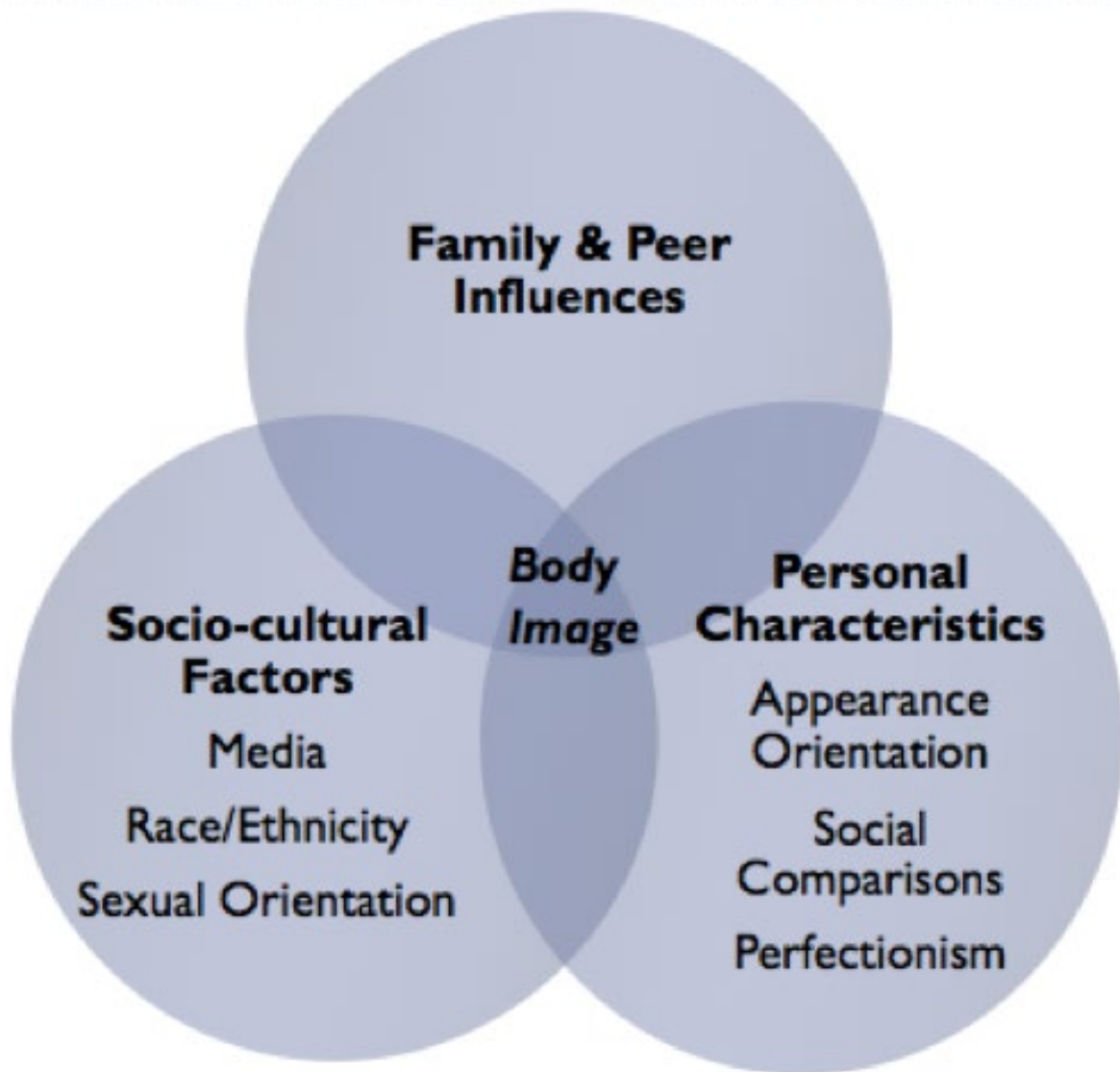
I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

I'd like to \_\_\_\_\_

Session Two

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## ALL OR NOTHING THINKING

IT'S WHITE IT'S BLACK

## MENTAL FILTER

ONLY PAYING ATTENTION TO CERTAIN TYPES OF EVIDENCE. NOTICING OUR FAILURES BUT NOT SEEING OUR SUCCESSES

"good" "interesting" "bad"

"I AM A FAILURE"

## DISQUALIFYING THE POSITIVE

DISCOUNTING THE GOOD THINGS THAT HAVE HAPPENED OR THAT YOU HAVE DONE FOR SOME REASON OR ANOTHER

## JUMPING TO CONCLUSIONS

IMAGINING WE KNOW WHAT OTHERS ARE THINKING OR PREDICTING THE FUTRE

FORTUNE TELLING MIND READING

## MAGNIFICATION (CATASTROPHISING) & MINIMIZATION

blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

"DON'T MAKE A MOUNTAIN OUT OF A MOEHILL"

## EMOTIONAL REASONING

assuming that because we feel a certain way, that we think must be true

## SHOULD/MUST

using critical words like 'should,' 'must,' or 'ought' can make us feel guilty, or like we have already failed. If we apply 'shoulds' to other people the result is frustration.

"DON'T SHOULD ON YOURSELF OR OTHERS"

## LABELLING

assigning labels to ourselves or other people

Hello my name is

STUPID

## PERSONALIZATION

blaming yourself or taking responsibility for something that wasn't completely your fault. conversely, blaming other people for something that was your fault.



## List of VALUES

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	<i>Write your own:</i>
Curiosity	Initiative	Responsibility	_____
Dignity	Integrity	Risk-taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

Reflection from the homework: How may negative body image get in the way of behaving according to my values:

Reflection time:

- a. What do you notice in others when you first see them?
  
  
  
  
  
  
  
  
  
  
- b. What do you think others notice about you when they first see you?
  
  
  
  
  
  
  
  
  
  
- c. What is one thing my body helped me do last week?

## 6 BODY NEUTRAL AFFIRMATIONS

My weight does not define my worth!

Thank you body, for taking care of me today!

Thank you belly for holding my organs (or for making wonderful humans)

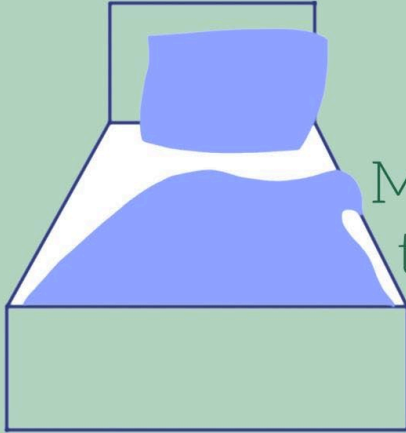
My arms allow me to hug the ones I love

My thighs are strong and help me walk

My feet help me walk, run, balance, and dance

*PsychoSocial*

## Statements of Body Neutrality



My body allowed me  
to get out of bed today.

Thanks to my body,  
I am able to have a  
conversation with  
someone that I love.



My body allows me  
to move in ways  
that bring me joy.

**Self compassion guided practice:**

[https://self-compassion.org/wp-content/uploads/2020/08/bodyscan\\_cleanedbydanmp3.mp3](https://self-compassion.org/wp-content/uploads/2020/08/bodyscan_cleanedbydanmp3.mp3)

## Letter to your Body

1. Brainstorm by making a list of specific things your body can do for which you're grateful.
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
2. Write a letter to your body. Be sure to thank your body at the end of the letter.
3. Keep the letter and refer back to it when the negative body thoughts pop into your head.





Follow this link to take an Eating Disorder Screen:  
<https://www.nationaleatingdisorders.org/screening-tool>

If you would like more support regarding body image or eating or exercise concerns please drop in to CAPS M-F 8:30-3:30PM for a consult to discuss options for additional support.