

Body Acceptance Worksheet

Name: _____ Date: _____ dd / mm / yyyy

BODY IMAGE REFLECTION

How do you currently feel about your body? Be honest with yourself and write down your thoughts and emotions.

Reflect on the sources of your body image perceptions. Consider media influences, societal standards, family attitudes, and personal experiences that may have contributed to your body image.

Think about any negative thoughts or beliefs you have about your body. Write them down and try to identify where these thoughts originated.

CHALLENGING NEGATIVE THOUGHTS

Take one of the negative thoughts you identified in the previous section and challenge it with evidence that contradicts it. For example: Negative thought: "I hate my stomach because it's too big." Challenging thought: "My stomach is strong and healthy. It allows me to do many things I enjoy."

Now, rewrite the negative thought in a more compassionate and positive way. For example: Negative thought: "I'm so ugly; no one will find me attractive." Positive thought: "I am unique and beautiful in my own way. My worth is not solely determined by my appearance."

PRACTICING SELF-COMPASSION

Imagine your best friend or someone you deeply care about comes to you feeling unhappy with their body. What would you say to them? Write down the words of comfort and support you would offer.

Now, try to apply that same compassion to yourself. Write a short letter to yourself, emphasizing kindness and understanding regarding your body and self-image.

CELEBRATING YOUR BODY

List three things your body allows you to do that you are grateful for (e.g., walking, laughing, dancing, hugging).

Think about activities or hobbies you enjoy that have nothing to do with your appearance. Write them down and consider how these activities make you feel.

SETTING BODY-POSITIVE GOALS

Write down three body positive affirmations.

Set one realistic body-positive goal for yourself. This could be related to how you speak to yourself, changing certain behaviors, or being kinder to your body. Break down the steps to achieve this goal and set a timeline for each step.

ADDITIONAL NOTES

Additional notes