

Body Image Work

Current State:

Rate current body image (0-10).

1 2 3 4 5 6 7 8 9 10

Attune to the thoughts/sensations/behaviors at this level.

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

What do you need at this level? (Speaking from compassion/wisdom/support)

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Desired State:

Desired body image rating (0-10) → Aim for Incremental/Gradual shifts.

1 2 3 4 5 6 7 8 9 10

What thoughts/sensations/behaviors/beliefs exist at this level?

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Resourcing with 3 qualities you need:

*Examples of Resource Qualities:

Acceptance
Adequacy
Affection
Amazement
Amusement
Attention
Authenticity
Beauty
Bliss
Bravery
Calm
Certainty
Clarity
Comfort
Compassion
Confidence
Connection
Courage
Creativity
Curiosity
Daring
Devotion

Ease
Efficiency
Embrace
Encouragement
Energy
Enthusiasm
Flow
Focus
Forgiveness
Fulfillment
Fun
Glee
Gratitude
Harmony
Help
Honor
Intention
Intrigue
Joy
Kindness
Nurturing
Optimism

Passion
Playfulness
Quiet
Resourcefulness
Responsible
Safety
Serenity
Sincerity
Support
Sweetness
Tenacity
Tenderness
Truth
Warmth
Wisdom
Wonder

Quality 1:

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Quality 2:

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Quality 3:

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Self-Forgiveness Statement:

I forgive myself for _____

My truth is _____

Take-Aways I will put into practice:

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Body Image Work

Current State:

Rate current body image (0-10).

1 2 3 **4** 5 6 7 8 9 10

Attune to the thoughts/sensations/behaviors at this level.

Thoughts I am never going to be happy or successful at this weight and in this body
Sensations I feel tightness in my chest, discomfort in my stomach, a lot of expansion and discomfort in my stomach
Behaviors I eat standing up or distracted, I find it difficult to move my body in enjoyable ways, I have negative thoughts, judgments and self-talk
Beliefs I am fat, I am unattractive, I am lazy

What do you need at this level? (Speaking from compassion/wisdom/support)

Thoughts I need to think more positively, lovingly and with compassion/encouragement
Sensations Feel at peace, calm and energized in my body
Behaviors Move in compassionate and supportive ways, be gentle with self in movement nutrition and thinking
Beliefs I am lovable because I exist, I am worthy always, My size does don't define my worth

Desired State:

Desired body image rating (0-10) → Aim for Incremental/Gradual shifts.

1 2 3 4 5 6 **7** **8** 9 10

What thoughts/sensations/behaviors/beliefs exist at this level?

Thoughts It's okay for me to have bad body image days. I am doing the best I can at this moment.
Sensations I notice softness in my body and a deeper connection to my breath
Behaviors I am gentle with my movement, nutrition, and self-talk
Beliefs I am worthy, lovable, attractive, and doing the best I can.

Resourcing with 3 qualities you need:

*Examples of Resource Qualities:

Acceptance
Adequacy
Affection
Amazement
Amusement
Attention
Authenticity
Beauty
Bliss
Bravery
Calm
Certainty
Clarity
Comfort
Compassion
Confidence
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Serenity
Sincerity
Support
Sweetness
Tenacity
Tenderness
Truth
Warmth
Wisdom
Wonder

Quality 1: Wisdom

Thoughts I am working on my self daily. I do the best I can. I am practicing loving and accepting myself.

Sensations Connected, Stable, Strong, Grounded and Rooted in my body

Behaviors I connect to my body's needs daily and assess what I need. I take intentional action.

Beliefs I am wise, I am capable, I am honoring my body's needs

Quality 2: Focus

Thoughts I am attuned to my needs. I am practicing presence.

Sensations Focus, connection, grounding, mindful attunement in mind/body

Behaviors I limit distractions. I practice slowing down. I practice mindfulness.

Beliefs I am capable, I am focused, I am attuned, I honor my needs

Quality 3: Confidence

Thoughts I know I am capable of difficult things, I know my own resiliency and power

Sensations Strength, Rootedness, Confidence in all my limbs, Feeling a sturdy foundation

Behaviors I act without overthinking. I am deliberate with words and actions

Beliefs I am capable, I am resourceful, I know what to do, I am intentional

Self-Forgiveness Statement:

I forgive myself for limiting my worth, sense of happiness, and success based on my appearance.

My truth is that I am capable of anything at any time. My size does not limit me or my potential. With confidence, focus, and wisdom, I can act in ways that make me proud. I can learn to love and accept myself so that I act from a place of self-worth.

Take-Aways I will put into practice:

Thoughts I will connect to wisdom and be intentional with my thoughts

Sensations I will focus on ease, allowing and grace within my body

Behaviors I will act with compassion and attunement to what I need in each moment

Beliefs I am capable, worthy, and resilient