

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>How can I improve my body image? 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>Will cosmetic surgery improve my body image? Not necessarily. Cosmetic surgery will change your physical appearance, but your feelings about yourself and your body may or may not change.</p> |
| <p>How does social media affect body image? 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.

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

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 _____

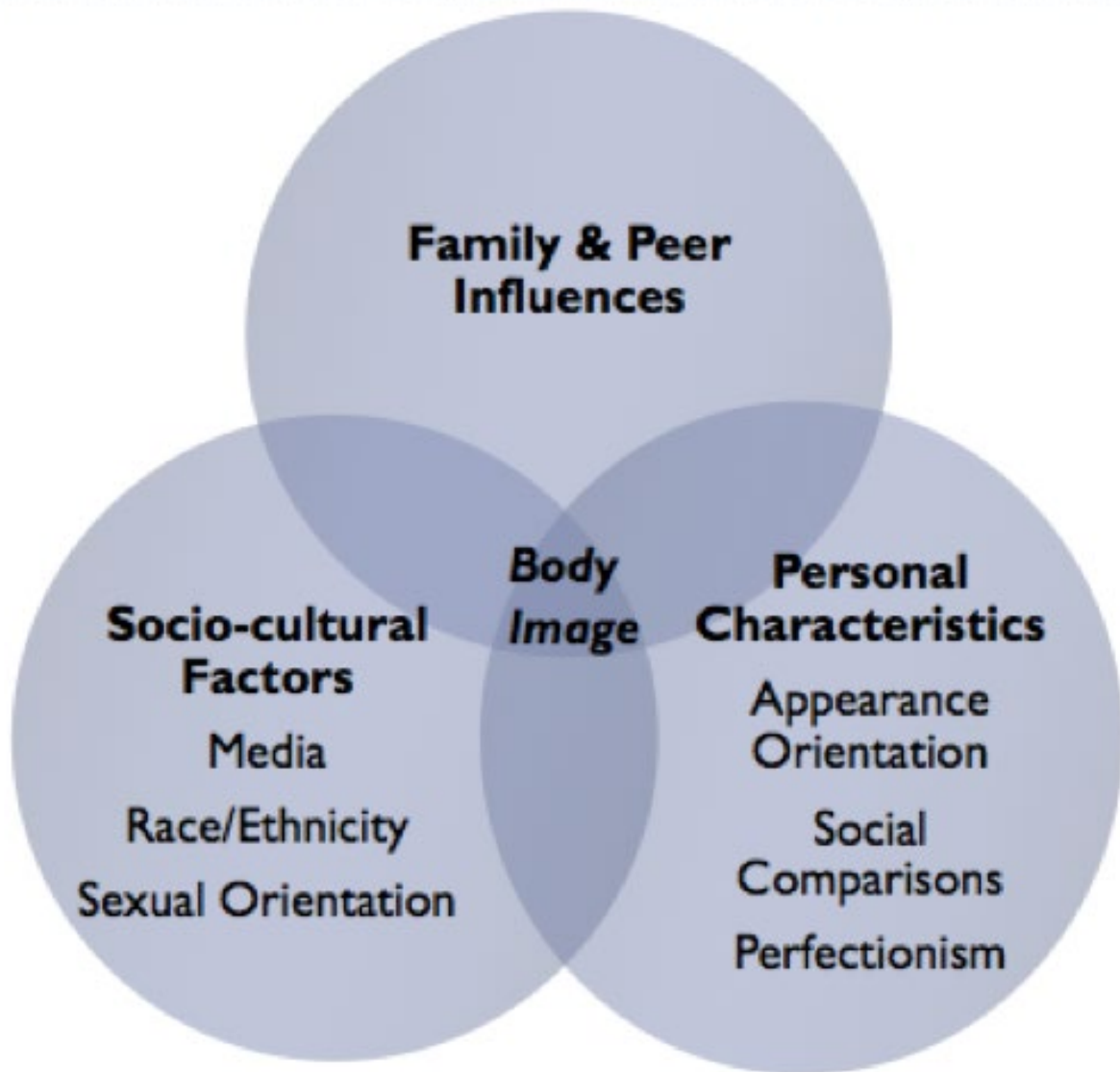
The consequences (effects) of my body image difficulties I especially want to change:

I'd like to _____

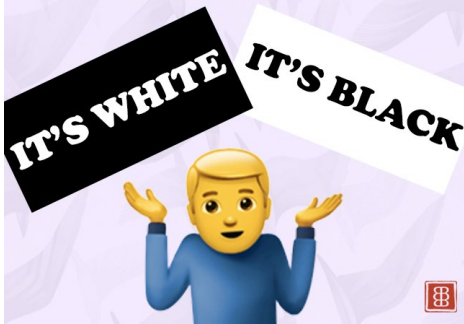
I'd like to _____

I'd like to _____

Session Two



ALL OR NOTHING THINKING



MENTAL FILTER

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



"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 FUTURE



MAGNIFICATION (CATASTROPHISING) & MINIMIZATION

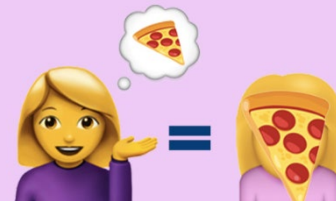
blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important



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

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.



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 | _____ |

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)

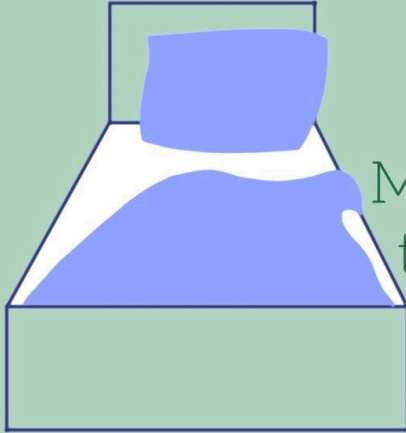
My arms allow me to hug the ones I love

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

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.