

## **Body Image: Writing—Part 1: History**

**Write down your body image history. Start as far back as you can remember.**

**The following are some prompts to help you start writing.**

- ✓ *the first time you looked at your body in the mirror*
- ✓ *the first time someone commented about your body (positive or negative)*
- ✓ *getting a pretty dress/buttoning the top button on your collar*
- ✓ *playing sports or other activities*
- ✓ *injuries/ailments (minor or major)*
- ✓ *bumping into things/tripping/falling*
- ✓ *developing breasts/getting facial hair*
- ✓ *wearing deodorant for the first time*
- ✓ *wearing boxers instead of briefs*
- ✓ *beginning menstruation/first erection*
- ✓ *being the shortest or the biggest or widest or tallest*
- ✓ *sexual experiences*
- ✓ *embarrassment about your body*
- ✓ *not fitting into clothing items*
- ✓ *tucking in your shirt*
- ✓ *physical fitness test/class*
- ✓ *chronic pain*
- ✓ *messages from family and friends about body image*
- ✓ *messages/comments from family and friends about your body*
- ✓ *Were you ever scared of or angry at your body for anything?*
- ✓ *Did you ever harm your physical body in any way?*
- ✓ *What nice things did you do to your body?*

## **Body Image: Writing—Part 2: Present**

**On another sheet of paper, write down what your experience of being in your body is now.**

- ✓ *How does living in the body you are in now serve you?*
- ✓ *How do you see yourself?*
- ✓ *What things do you like about your body? What things do you not like about your body?*
- ✓ *Are you present in your own body?*
- ✓ *What would you like to see change about your body image?*
- ✓ *What beliefs or ideas do you hold about body image? What beliefs do you hold about your own body?*
- ✓ *Do you have a hard time speaking up when it comes to your body?(e.g. asking for what you want or need at the hair dresser or physical therapy or massage therapy, how someone touches you?)*
- ✓ *What are some nice things that you do to your body? What are some not nice things that you do to your body?*
- ✓ *What fears do you have about your body?*
- ✓ *Are there things you don't like about your body that you can change? What is stopping you from changing?*