

Worksheet 8: Body Image

Fixing THIS relationship could be the most important step you *take.*

The relationship you have with your body is possibly the most complicated and important relationship in your life. Sometimes people can become cut off from their body. Let's look at some ways to re-connect and strengthen that relationship.

The term 'body image' can refer to:

- Shame about one's body or parts of it
- Pride of one's body or parts of it
- Focus on the body over your other qualities
- Shyness or low interpersonal confidence
- Self-esteem
- Ideas or beliefs about your body

Fact: The perception most people have of their body is very different to how others see them.

So, when you hear the term 'body image', think **body relationship**.

Plans for a stronger body relationship:

Some ways we will spend more time together:

Walking	Yoga	Going on picnics	Swimming	Meditation	Dancing
Camping	Trying on clothing	Lying in bed	Baths	Massage	
Other activities:					

Some things my body is capable of:

Some things I admire about my body:

Right now my body is telling me:

Be patient with your amazing body. Good relationships take time, work, and forgiveness.