

BODY IMAGE

JOURNAL PROMPTS

11 journal prompts to guide you through your body image recovery journey. Written and developed by nutritional therapist, life coach and eating disorder specialist, Sasha Paul Dip NNT, CNHC, NCFED.





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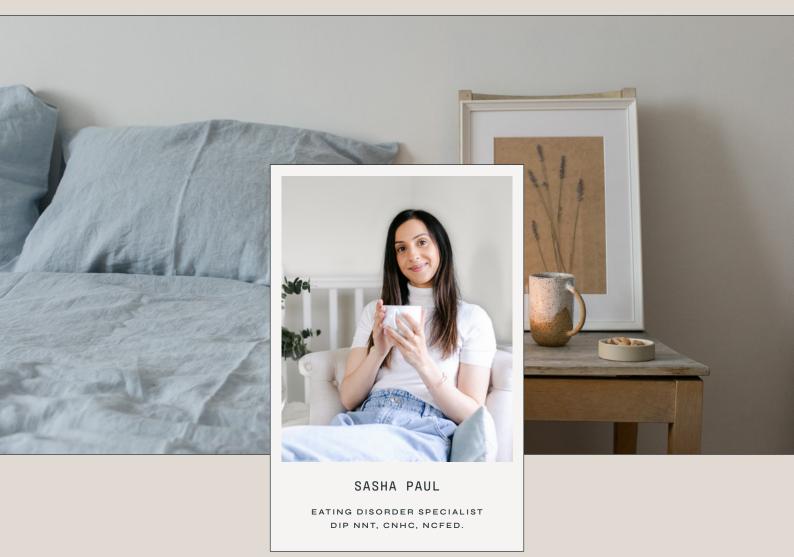
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WELCOME TO THE

Body Image Journal Prompts Mini Workbook

Journaling can help us to process our thoughts, feelings and emotions in a healthier way. The purpose of this workbook is to provide you with some powerful body image journal prompts. This is a fantastic starting point for tackling negative body image and creating a healthier relationship with yourself for years to come.

Sasha





WHAT IS NEGATIVE BODY IMAGE?

Negative body image does not refer to how your body looks, but rather, how you feel about the way your body looks. If you are experiencing negative body image, you may find the following journal prompts supportive.

INNER DIALOGUE

How you are speaking to yourself and how you feel about your body can affect your entire life. By working through some of these journal prompts, you are already saying yes to creating a healthier inner dialogue and changing your life.

DISCLAIMER

This workbook is not a replacement for professional therapy. If you find any of the journal prompts triggering or unsafe to work through, it is important to seek professional help. You can contact us for more information on our professional services including private and group programmes for eating disorders, disordered eating and body image issues.







BODY IMAGE STATISTICS

NEW RESEARCH CONDUCTED IN THE UK BY THE MENTAL HEALTH FOUNDATION FOUND THE FOLLOWING

ONE THIRD OF ADULTS

experience negative body image

20% OF ADULTS

feel shame in relation to body image

1 IN 8 ADULTS

have experienced suicidal thoughts due to body image

20% OF ADULTS

said images used in advertising have contributed to negative body image 1 IN 5 ADULTS & 2 IN 5 TEENS

said social media caused them to worry about their body image



JOURNAL PROMPTS

Below are 11 journal prompts. A printer-friendly version with space to write can be found on the following pages. Find a comfy and private space, your favourite journal or the journal printouts, and a pen. Take some time to work through some of the following body image prompts.

You might find working through a few of these each day is more than enough, or you may find yourself working through them all in one day. Journaling is a personal experience and there is no wrong or right way to write down your thoughts on paper.

1 THE FIRST MEMORY I HAVE OF DISLIKING MY BODY IS...

What is the first memory you have of disliking your body?

Do you remember if there was anyone involved and how it felt in that moment?

NEGATIVE BODY IMAGE IS CURRENTLY HOLDING ME BACK IN LIFE BECAUSE...

How is negative body image holding you back in life? What is it taking from your life and experiences?

THE THINGS THAT I VALUE MOST ARE...

What are your personal values? If you are not sure, what do you value in someone close to you?

SOCIETY/DIET CULTURE/BEAUTY STANDARDS HAVE IMPACTED THE WAY I VIEW MY BODY BY...

How do you think society, diet culture and beauty standards have impacted how you view yourself?

5

SOMETHING I CAN APPROVE OF IN MYSELF TODAY IS...

What is one thing you can approve of or appreciate in yourself or your body today?

6

NEGATIVE THOUGHTS I AM CURRENTLY EXPERIENCING TOWARDS MY BODY INCLUDE...

What are some negative body image thoughts you are currently noticing?

7

SOMETHING THAT COULD BE CONTRIBUTING TO NEGATIVE BODY IMAGE IS...

Is there anything that could be feeding into negative body image thoughts e.g. self-criticism, body checking, daily weighing, social media scrolling, social comparison?

8

I AM PROUD OF MYSELF FOR...

What is something you feel (or have felt) proud of yourself for?

9

IF MY BODY WERE MY BEST FRIEND I WOULD TREAT IT WITH...

If your body were your best friend, would you treat it the way you are currently? If no then how would you treat it?

10

TODAY I CAN BE KINDER TO MYSELF BY...

What is something you could do today to be a little kinder to yourself and your body e.g. seek professional support with recovery, throw away the scales, unfollow social media accounts.

11

I HAVE MADE PEACE WITH MY BODY. THIS IS WHAT MY LIFE IS LIKE...

Imagine you have made peace with your body. Write down what your life is like, how you feel, how you talk to yourself, how you feed your body, how you move your body. Write in the present tense as if it has already happened.

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Learning how to feel happier with your body, finding self-compassion and body acceptance is something we support all clients with at Natural Food Therapy. To learn more about our programmes and to get in touch, please visit: www.naturalfoodtherapy.co.uk

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