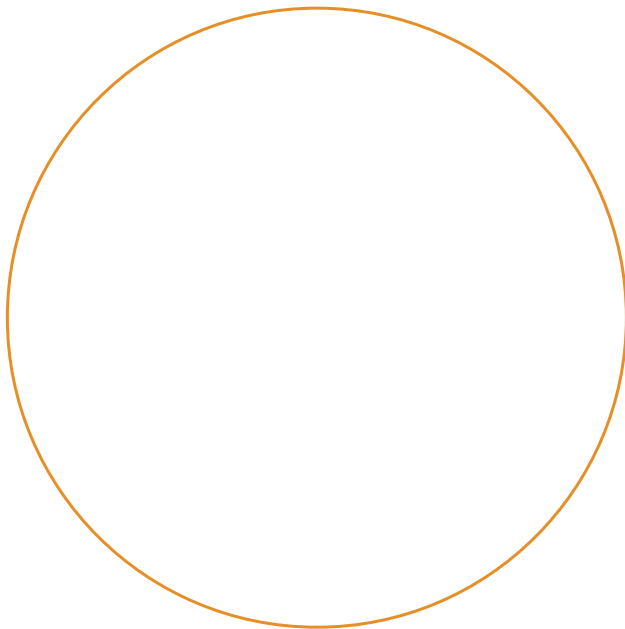


weight management psychology

Personal Body-Image Experiences & Beliefs

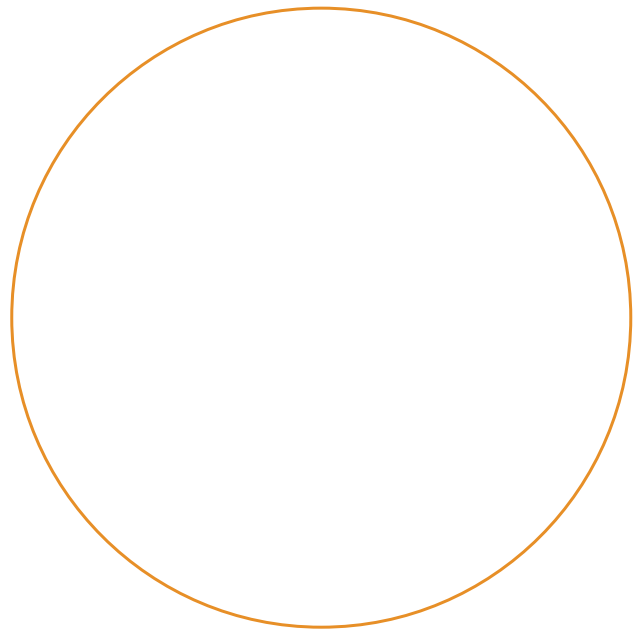
Activity: Working through unhelpful body-image experiences and beliefs

Often unhelpful personal body-image beliefs stem from uncomfortable situations in our formative years and are developed into later life. With the help of your psychologist, see if you can identify any of these experiences, and any beliefs you formed around them.



Body-image experiences

(The event or events)



Body-image beliefs

(The belief or beliefs I developed around the event or events)

While it is often completely understandable that we developed these beliefs we developed about our bodies, this does not mean they are necessarily logical or helpful. They can even become harmful self-fulfilling prophecies, as we start to think, feel, and behave in ways consistent with the beliefs we developed. For example, a client was taller than other children in school, but grew up believing she was “fatter”. When she looks back at photos, she realizes that wasn’t the case (in fact she was tall and lean), but as she identified herself as “fat”, she began to overeat and become sedentary, promoting weight gain. We develop harmful body-image beliefs at times when we are young and emotional, so they are worth reflecting on with an adult mind. Discussing this with your psychologist, reflecting on it yourself, and a task to develop new body-beliefs in the next session can all help with improving old body-image beliefs.

