



weight management psychology

A Balanced Body-Image

Write below a list of aspects of your body you do and don't like.

Aspects I like	Aspects I don't like



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Now, to help introduce some balance to your body image, complete the following table.

Aspects I like	Aspects that are fine	Aspects I don't like
Aim to look for more of these (you may consider aspects you hadn't thought of, recall compliments you have received, look at photos or in a mirror, or ask a trusted and appropriate person)	Aim to look for these (you may consider aspects you hadn't thought of, or maybe transfer some from the previous table under the column "Aspects I don't like" if you feel that they are more appropriate in this new category)	Aim to rewrite these in non-judgmental terms (you may take a separate sheet of paper and divide it in half with "Original aspect I don't like" (e.g., fat as a house) on one side and "Revised aspect I don't like" (e.g., above my most healthy weight) on the other.

Between-session activity: Write your new balanced body-image table into a "Balanced Body Summary" and read it daily as a reminder.