



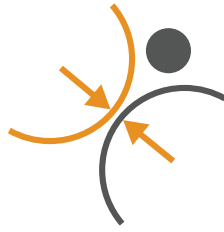
weight management psychology

## Body-Image Rituals

**Positive body-image rituals** Include what you do that helps you feel good about your body – activities that give pleasant body-feelings and improve body-image beliefs. These may include taking some time to take care of your appearance, doing activities your body can perform and master, being grateful and acknowledging body-positives, doing things you enjoy, wearing nice clothes and jewelry, nurturing your body and health, being around certain people, sensual activities, self-nurturing activities.

**Negative body image rituals** Include what you do to help you feel less bad about your body – activities that reduce uncomfortable body-feelings, but worsen body-image beliefs. These may include appearance pre-occupied rituals, such as repetitive checking and fixing of your appearance, or avoidance rituals such as running from situations or hiding your body with clothes, make-up, or certain body-positioning.

**Activity:** SMART goals for improving body image rituals.



## Smart Goals

Choose a positive body-image ritual to increase, and set a SMART goal.

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Choose a negative body-image ritual to decrease and set a SMART goal.

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There are a range of skills that can help you improve your body image rituals, here are some of them:

- 1) Goal-setting (doing in this session)
- 2) Problem-solving (Covered in Mindset for Transformation and Freedom from Emotional Eating Courses)
- 3) A B C D E (Covered in this course)
- 4) Relaxation (Covered in Relaxation & Affirmation Audio Program)
- 5) Emotional acceptance or expansion (Covered in Freedom From Emotional Eating Course)
- 8) Impulse control (Covered in Freedom From Emotional Eating Course)

Notes on relevant skills and their use:

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Work towards your SMART goals, using the skills you have learnt.