

BODY IMAGE AND APPEARANCE *Prompts*



What does my body allow me to experience, create, enjoy, learn, or participate in?



When do I become most critical of my appearance, and what usually happens immediately before those thoughts begin?



Which beauty standard have I internalized that I would like to question rather than automatically obey?



How would I treat my body today if appearance were not something I needed to earn approval for?



What parts of my identity, personality, relationships, or values have nothing to do with how I look?



What would respecting my body look like on a day when I don't particularly like how it looks?

