

Body Acceptance and Appreciation Prompts



1. What does my body allow me to experience, create, enjoy, or participate in? _____



2. How has my body supported me through a difficult period? _____



3. What messages about bodies have I absorbed from family, culture, advertising, or social media? _____



4. When do I feel most disconnected from my body? _____



5. What helps me feel more comfortable and present in my body? _____



6. How would my relationship with my body change if appearance were not the main focus? _____



7. What physical needs have I been ignoring lately? _____



8. What does treating my body with respect look like today? _____



9. Which body-related thoughts make me more critical of myself, and where did I learn them? _____



10. What would body neutrality mean for me if I didn't have to feel positive about my appearance every day? _____

