

Questions to Ask Yourself When You Are Having a “Bad Body Image” Moment

1. What are the unhelpful thoughts that I’m having about my body?

2. What emotions am I experiencing?

3. Is there anything else that is bothering me or stressing me out, which I might be putting onto my body?

4. What would I tell someone that I love who was having similar thoughts about their body? How can I be more compassionate with myself?

5. What actions can I take to be kind to myself in this moment?
