

Body Image Coping Skills Menu

Triggers:

What are some of the things that trigger or make my body-hatred more intense?

Warning Signs:

What are some of the things that signal that I'm really struggling with negative body image?

Support People:

Who are some people I can reach out to for support if I am struggling?

Coping Skills:

What are some healthy coping skills that I can use?

Unhelpful Thoughts:

What are some of the negative things that my mind is telling me about my body?

Coping Statements

*What are some more helpful coping statements that I can tell myself?
How would I respond to someone that I loved if they said that about themselves?*
