



*Is there an ideal body type? If so, what is the ideal? Where does it come from? Do you feel pressure to align with the ideal?*

*What areas are you most satisfied with? What areas do you experience the most distress with?*

*On a scale of 1-10, how accepting are you of your body? How can you move 1 step in the direction of acceptance?*

*What does body image mean to you?*

*How do you think, feel, and behave about your body? How do you perceive your body?*

*How do you feel others perceive your body?*

*List the affirmations or coping skills you can use for body image distress:*

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*Think about what you enjoy in life. List the ways your body helps you participate in these experiences:*

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*List body neutrality statements:*

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