

Body Image Messages

Your **body image** is how you think and feel about your body. Throughout life, you've likely received many messages that affect your body image. Some are loud and clear, like a thoughtful compliment or a rude joke. Others are subtle, like seeing all your friends wearing the same jeans. It's easy to take in these messages without evaluating them. However, reflecting on them will allow you to see whether they're helpful or harmful.

Instructions: For each group, write the most impactful messages you've received. Then consider how the messages affect your body image.

Media

social media, TV, movies, ads, music, news

Friends & Peers

close friends, acquaintances, coworkers, classmates

Family

parents, siblings, kids, other relatives

Other

teams, hobbies, religion, culture