

Body Image Affirmations & Reflection Worksheet

Building a Compassionate Relationship with Your Body

*"Your body is not your masterpiece—
your life is. It is suggested you use your body as
a vehicle, not as a destination."*

- Glennon Doyle

Name: _____

Date Started: _____

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About Body Image Work

Body image is the way we think, feel, and perceive our physical appearance. For many people in eating disorder recovery, body image struggles are one of the most challenging and persistent aspects of healing.

This worksheet is designed to help you develop a more compassionate, neutral, or appreciative relationship with your body through daily affirmations and reflections. The goal is NOT necessarily to love your body every day (that's unrealistic), but to practice treating your body with respect and kindness regardless of how you feel about it.

Understanding Body Image:

- **Body image is not fixed:** It fluctuates based on emotions, stress, hormones, and environment
- **Negative body image is learned:** It's influenced by diet culture, media, and personal experiences
- **You don't have to love your body to respect it:** Body neutrality and respect are valid goals
- **Thoughts aren't facts:** Just because you think something doesn't make it true
- **Body image work is ongoing:** It takes time, patience, and consistent practice

Three Approaches to Body Image:

- **Body Positivity:** Actively loving and celebrating your body
- **Body Neutrality:** Viewing your body as neutral—it just is, without judgment
- **Body Respect:** Treating your body with care regardless of how you feel about it

All three approaches are valid. This worksheet includes affirmations and reflections that support each path. Choose what resonates with you—you don't have to force positivity if neutrality or respect feels more authentic right now.

Body Image Assessment

Start by assessing your current relationship with your body. Answer honestly—this is just for your awareness, not judgment.

How do I typically feel about my body?

What specific body parts or features do I struggle with most?

Where did I learn to think this way about my body?

(Examples: family comments, bullying, media, diet culture, trauma, comparisons)

How does negative body image impact my daily life?

What would be different if I felt more neutral or peaceful about my body?

Core Body Image Affirmations

These affirmations challenge common negative beliefs about bodies. Read them daily, even if you don't believe them yet. Repetition helps rewire thought patterns. Circle or check the ones that resonate with you.

Body Respect & Neutrality Affirmations:

- My body deserves care and respect, regardless of how it looks
- My body is not an ornament; it's a vessel for my life
- I don't have to love my body to treat it well
- My body's appearance does not determine my worth
- I am allowed to exist in this body without apology
- My body is the least interesting thing about me
- I can appreciate what my body does rather than how it looks
- My body is neutral—it just is
- I release the need to earn my body's right to exist
- My body deserves nourishment, rest, and gentleness

Body Functionality Affirmations:

- My body allows me to experience life
- I am grateful for what my body can do
- My body works hard to keep me alive every moment
- My body breathes, moves, and heals without me thinking about it
- My body has carried me through difficult times
- I honor my body's strength and resilience
- My body deserves rest after all it does for me
- I appreciate my senses—touch, taste, sight, sound, smell
- My body communicates with me through sensations and signals
- I trust my body's wisdom

Challenging Diet Culture Affirmations:

- I reject the idea that thin equals healthy or worthy
- Diet culture lied to me about what my body should look like
- My body is not 'before' or 'after'—it just is
- I release the pursuit of the 'ideal' body
- Health comes in many shapes and sizes
- I am allowed to take up space
- My body is not a problem to be solved
- I do not owe anyone a certain body size or shape
- Beauty standards are arbitrary and ever-changing
- I choose to define beauty on my own terms

Self-Compassion Affirmations:

- I am worthy of love and belonging in this body
- I speak to my body the way I would speak to a dear friend
- My body is doing its best
- I forgive myself for the years I spent at war with my body
- I am learning to be gentle with myself
- It's okay to have bad body image days
- I am more than my appearance
- I am whole, worthy, and enough—just as I am
- I treat my body with the kindness it deserves
- I am on a journey, and that's okay

Body Positive Affirmations:

- My body is beautiful because it is mine
- I celebrate the diversity of all bodies, including my own
- I am learning to love my body
- Every part of me serves a purpose
- My body tells a story, and I honor that story
- I am grateful for this body that carries me through life
- I choose to see beauty in myself today

- My body is a gift
- I radiate confidence and self-love
- I am beautiful, inside and out

My Personal Body Image Affirmations

Create your own affirmations that speak to YOUR specific needs and struggles. Make them personal, meaningful, and believable (or almost believable). Start with phrases like 'I am learning to...' or 'I am working on...' if absolute statements feel too difficult.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

My Top 3 Affirmations to Focus on This Week:

1. _____

2. _____

3. _____

Daily Body Image Reflection Prompts

Use these prompts daily or as needed. You can work through them sequentially or choose the ones that resonate each day. Be honest and compassionate with yourself.

Week 1: Awareness & Gratitude

Day 1: Three things my body allowed me to do today:

Day 2: A part of my body I usually criticize. What is its function, and how does it help me?

Day 3: When do I feel most at peace in my body? What makes those moments different?

Day 4: A negative thought I had about my body today. Can I challenge or reframe it?

Day 5: What would I say to a friend who talked about their body the way I talk about mine?

Day 6: Something my body does automatically that I can appreciate (breathing, heartbeat, healing):

Day 7: Reflection: What did I learn about my body image this week?

Week 2: Challenging Negative Thoughts

Day 8: Where did I learn to think negatively about my body? (family, peers, media, trauma)

Day 9: A body-focused thought I had today. Is it fact or feeling?

Day 10: What am I really feeling when I have negative body thoughts? (anxious, sad, stressed, lonely)

Day 11: If my body image struggle disappeared, what would I do with all that mental energy?

Day 12: Someone I compare myself to. What would happen if I stopped comparing?

Day 13: A compassionate response to a harsh thought I had about my body today:

Day 14: Reflection: How has challenging negative thoughts changed my perspective?

Week 3: Body Functionality & Appreciation

Day 15: My body is strong because...

Day 16: A physical sensation I experienced today that brought me joy (warmth, softness, stretch):

Day 17: Something difficult my body has survived or overcome:

Day 18: How does movement feel in my body today? (not about burning calories—about sensation)

Day 19: A sense I'm grateful for (sight, hearing, touch, taste, smell) and why:

Day 20: When I focus on what my body can DO instead of how it LOOKS, I feel...

Day 21: Reflection: How has focusing on functionality shifted my body image?

Week 4: Self-Compassion & Kindness

Day 22: A way I treated my body with kindness today:

Day 23: Something I forgive myself for regarding my body:

Day 24: A compliment I can give myself that has nothing to do with appearance:

Day 25: How can I show my body love today, even if I don't feel it?

Day 26: A letter to my body: Dear Body, I'm sorry for... Thank you for...

Day 27: What does my body need from me right now? (rest, nourishment, movement, comfort)

Day 28: Reflection: How has practicing self-compassion changed my body image journey?

Additional Body Image Reflection Prompts

Use these prompts anytime for deeper exploration or on days when you need extra support.

Prompt 1: What would I do if I woke up tomorrow and body image was no longer an issue?

Prompt 2: How does diet culture show up in my life, and how can I challenge it?

Prompt 3: What do I fear will happen if I stop trying to change my body?

Prompt 4: A memory of feeling comfortable in my body. What made that moment special?

Prompt 5: How has my eating disorder/body image struggle protected me? What was it trying to help me avoid?

Prompt 6: What does body neutrality mean to me? Does it feel more achievable than body love?

Prompt 7: Someone whose body I admire (for any reason). What do I appreciate about them?

Prompt 8: If my best friend had my body, what would I tell them about it?

Prompt 9: What does 'taking up space' mean to me, and how does it make me feel?

Prompt 10: How can I honor my body's needs today, even if I'm struggling with body image?

Bad Body Image Day Toolkit

Some days will be harder than others. When you're having a difficult body image day, use these strategies:

Immediate Coping Strategies:

- Remind yourself: 'This is a feeling, not a fact. It will pass.'
- Wear comfortable clothes that feel good
- Avoid scales
- Practice grounding: 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste
- Move your body gently if it feels good (stretch, walk, dance)
- Reach out to a supportive friend or therapist
- Engage in an activity that has nothing to do with appearance
- Challenge the thought: 'What evidence do I have that this thought is true?'
- Practice self-compassion: 'This is hard, and I'm doing my best'

What Usually Triggers My Bad Body Image Days:

My Personal Coping Strategies That Help:

People I Can Reach Out To:

Body Appreciation Practice

This exercise helps you develop appreciation for your body beyond appearance. Complete this weekly or whenever you need to reconnect with gratitude.

My eyes allow me to see...

My hands help me to...

My legs carry me to...

My heart keeps me alive by...

My mind allows me to think, learn, and...

My voice lets me express...

My arms enable me to hug, hold, and...

My stomach digests food to give me energy for...

Other body parts I appreciate and why:

Body Image Progress Tracking

Return to this section monthly to track your progress. Remember: progress isn't linear!

Month: _____ Year: _____

Changes I've noticed in how I think about my body:

Affirmations that are starting to feel more true:

Challenges I'm still working through:

Ways I treated my body with more respect this month:

Goals for next month:

Remember:

You don't have to love your body every day.

You just have to keep showing up for it.

Body image healing is a journey, not a destination.

Be patient with yourself.

You are so much more than a body.

You are worthy. Always. ■

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