

BODY IMAGE WORKSHEET

#EDRDpro
MEMBERS

elevate your skills

Questions to Ask Yourself **When You Are Having a Bad Body Image Day** **Developed by Jennifer Rollin, MSW, LCSW - C**

- 1. Is there anything else that is bothering me or causing me stress, which I might be expressing by shifting focus onto my body?**

- 2. What do I feel that having my "ideal body" would bring me?**

- 3. What is the "eating disorder self" telling me about my body?**

- 4. How would my “healthy self” or “wise mind” respond to that? (i.e. what would I say to a loved one, or a child who had expressed this to me).**

- 5. How can I be kind to myself in this moment i.e. through words and/or actions?**
