



# a chance to heal

## WAYS I CONTRIBUTE TO NEGATIVE BODY IMAGE IN OTHERS

- Talking negatively about my own body or apologizing for what I eat or look like
- Praising someone's appearance based on body size or shape
- Complimenting someone when they lose weight or diet
- Encouraging someone to lose weight
- Thinking of foods as "good" or "bad"
- Making fun of someone for the way they look or what they eat
- Encouraging more exercise than is healthy
- Assuming that someone wants or needs to lose weight
- Assuming someone who is thin has an eating disorder
- Allowing the media or my friends to dictate what body type is acceptable for me
- Reading/watching/listening to media sources that make me feel bad about myself

## WAYS I CAN PROMOTE POSITIVE BODY IMAGE IN OTHERS

- Accepting myself and my body for who I am
- Complimenting at least one person per day on something other than appearance
- Complimenting someone on an emotion, such as "you look excited"
- Reading/watching/listening to media sources that are positive
- Wearing clothes that make me feel good about myself
- Setting realistic goals for myself
- Treating myself as well as I treat my best friend
- Listening to my body and responding to its needs