



BODY IMAGE

More than a mirror.

You do not have to love every reflection to deserve care.

Choose neutral words if positive ones feel forced. No weighing, measuring, photos, or appearance ratings needed. Skip any prompt that increases distress.

01 Name the pressure, without grading your body.

What message, comparison, or situation has been taking up space? Keep it brief.

02 Shift from judgment to a need.

Example: "I hate how I look" can become "I feel uncomfortable and need clothes that fit comfortably." What neutral sentence fits today?

03 Choose one act of care.

What would make your day more comfortable: rest, accessible food, a boundary, comfortable clothing, or something else?

MY SMALL EXPERIMENT

One comparison cue I can step back from, and one thing I will make room for:



BODY IMAGE

A body is not a report card.

Room for your experience, without a makeover assignment.

Use once when helpful. Write about needs, identity, and meaning rather than checking your appearance. Your value is not dependent on what your body can do.

01 Today, being in my body feels...

Use your own language. Neutral, mixed, or uncertain is welcome.

02 Beyond appearance, I want room for...

A relationship, interest, value, comfort, or experience that matters to me.

03 A kinder boundary might sound like...

Example: "I am not discussing my body or anyone else's weight today."

PERMISSION SLIP

One caring sentence I can use without forcing myself to feel positive:
