

The BODY IMAGE EXPERIENCE

Body image can fluctuate day to day, even moment to moment.



For free community resources and education,
visit [EatingRecovery.com](https://www.EatingRecovery.com) | [PathlightBH.com](https://www.PathlightBH.com)



HOW LIFE IMPACTS BODY IMAGE

Observe your thoughts and feelings and think about how external factors impact body image. External factors can include societal pressure, medical conditions, emotional intolerance and physical environment.

Thoughts and Feelings

➤ **Negative Body Image:**

Grief, rejection, distrust, distress, disconnection

➤ **Body Neutrality ("acceptance"):**

Indifference, awareness, functionality

➤ **Positive Body Image ("love"):**

Gratitude, acceptance, appreciation, trust, respect, peace, positivity, liberation, love, compassion

➤ **Radical Self-Love:** Loving yourself despite how you feel about your body