

WEEK 2

SMART Goal for the Week Ahead (Body Image Related):

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Weekly Reflection: Build Your Body Image Timeline

Modified from: Cash, T.F. (2008). The Body Image Workbook (2nd ed.). New Harbinger Publications Inc.

Please use this sheet to explore how your body image has changed over time and what factors may have influenced these changes.

Consider how body image was modeled to you by parents, peers, or people close to you growing up, as well as any interpersonal and cultural/societal events and factors that affected how you felt about your body. *Ask yourself, what conclusions and beliefs did you draw about your body and your worth from those influences?*

Please see the prompt sheet, if needed, to help guide your reflection.

Childhood (0-puberty years)

Adolescence (puberty-18 years)

Early adulthood (18-35 years)

Later adulthood (35+ years)

Prompt Sheet

- What words did key figures in your life (i.e., parents, teachers, coaches, babysitters) use to describe you?
- What did you learn about bodies in schools?
- What shows did you watch? What messages were transmitted?
- How did you learn to think about food as good/bad or right/wrong?
- What are the various intersections of your identity and how do they affect each other and how you navigate the world?
- When, and in what ways, have you been asked to apologize for your body?
- What have you gained by conforming to dominant social constructs? What have you lost by doing so?
- How was food and eating modeled in your home? How did this affect your relationship with food and your body?
- What did society's "ideal body type" look like when you were a child?
- When did you first realize your body image concerns? What was your first experience of body shame? What were they? What was going on at the time?
- When was the first time you noticed that you were different from someone else? What did you tell yourself that that difference meant about you or them?
- What kind of messages did you receive about "other" people?
- In what ways have you tried to make yourself "the same" as other people? What parts of your identity did you minimize by doing this?
- Have your parents or peers ever expressed discontent with their bodies? What did this look like? How did this affect you?
- Have your body image concerns changed since childhood?
- Have you ever changed an aspect of your appearance? If so, what was it and what led you to this decision? What was the response from others?
- Were there ever times when you received more praise or compliments for your appearance compared to others? Describe those times.
- Were you in romantic or sexual relationships? How did the values you or others placed on appearance and body image impact your relationships?
- How did puberty impact the ways in which you viewed yourself and your body?
- How did society's "ideal body" change from your childhood to your teenage years?
- Have relationships with friends ever impacted your view of self? What did that look like for you?
- Did the environments you were in (i.e., places of work, leisure, gym, etc.) ever impact your view of yourself?
- Has the process of aging played a role in your body image concerns?
- In what ways does the appearance of others impact your body image? Can you recall an occasion when you compared yourself to someone? How did the comparison impact your self-esteem and your ideas about the other person?
- How are your early memories of your body image impacting your life today? What do you find yourself doing or not doing because of this?