

Ask Yourself ...

Adapted from BodyTalk Facilitators Guide



How have you used food or eating to cope with bad feelings?

Have you ever dieted? If yes, what situations led you to begin a diet?

How do you feel emotionally and physically when you are dieting?

How often do you eat when you are hungry, eat what your body wants, and stop when you are full?

Observe the messages about beauty directed at you in your environment. What messages do you see and hear?

Why do you think that 9 out of 10 people with eating disorders are female?

Make a list of the comments you have made about your body — both in your head and out loud. Are these thoughts and comments negative or positive? If some are negative, where do they come from?

Think about how many times in one day you criticize other people’s appearances or bodies. How does this practice make you feel? How does it affect the people around you?

What would you be free to do if you accepted your body?

How would you feel if you really loved your body, even with all its “imperfections?”

What are you going to do to help yourself feel good about your body?
