

Oftentimes, our struggles with body image date back to previous issues, comments, and emotions. With these journal prompts for body image, I am asking you to keep an open mind. These prompts deal with references to your past, present, and even future. Work your way through them consecutively, or pick and choose random ones to write about. I encourage you to read through them 1-55 before you start writing.

- 1. At what age do you first remember having bad body image thoughts?**
  
- 2. Can you remember a time that a negative comment was made about your body? What was it? Who said it? How did it make you feel? Do you think it sticks with you today?**
  
- 3. When you were a child, did you think about the appearance of your body often?**
  
- 4. How has social media affected your body image?**
  
- 5. Describe a time that you felt that social media encouraged bad body image thoughts.**
  
- 6. How do societal standards affect your body image?**
  
- 7. When do you first remember feeling the pressure from society to look a certain way?**
  
- 8. Did you grow up witnessing adults talking poorly about themselves? Dieting?**
  
- 9. When was the first time you felt the need to compare your body to another person's?**
  
- 10. Why do you think you focus on your physical appearance so much? Where did this stem from?**

*You can take this in any direction...there are **NO** wrong answers!*

- 11. What is something my body does for me that makes it unique?**
  
- 12. How does my body work for me everyday?**

**13. List 10 things you appreciate about your body.**

*Some of my favorite ideas from my own body image journaling: my arms allow me to hug my mom, my nose allows me to smell home-cooked meals, my legs take me to new places.*

**14. What is your favorite form of movement?**

**15. How does that movement (above) make you feel?**

**16. What is a unique talent you can do with your body?**

**17. What was your favorite thing about your body as a kid? How do you feel about that part of your body now? Why the shift?**

**18. When do you feel the strongest?**

**19. What part of your body is the strongest? Write about all it does for you.**

*This doesn't have to be physical strength... this could be about mental strength or a strong heart.*

**20. Write about a time your body has protected you. Reflect on how amazing that is.**

*This could be recovering from the flu, healing a cut, etc. It's amazing how much our body does FOR us.*

**21. Simply make a list of as many body parts as you can think of.**

**22. Continue your list above by adding the function of each body part.**

**23. List physical characteristics of yourself. (ie. my hair is blonde, my eyes are blue, etc.)**

*These past three prompts may sound silly but this has really helped me improve my body image. Disassociating body parts with a physical appearance and focusing, instead, on the functionality can be so helpful.*

**24. What are 3 amazing memories that wouldn't have been possible without your body.** (ie. a dance recital, a soccer game, a memorable hike, etc.)

**25. How does your body support you? What does it allow you to do?** (Do you work a physically demanding job? Does it allow you to play with your kids or your dog? Does it allow you to remember important things?)

**26. Where do you currently feel you reside in regards to body image?**

**27. What body image struggles are you battling?**

**28. Does your body image affect you on a daily basis? How so?**

**29. What are your main challenges with body image? How is it hindering you?**

**30. Are your body image thoughts consistent? Do they ebb and flow?**

**31. Do you notice any correlation between an action and bad body image thoughts?**

*For example, I personally noticed a connection between being stressed and a bad body image.*

*Also... too much social media didn't help!*

**32. Who can you talk to about bad body image thoughts?**

**33. What judgements do you place on yourself and your body?**

**34. Would you place these same judgements on a best friend? If not, why do they feel true to you?**

**35. What is your current relationship with food like? Describe it.**

**36. What is your current relationship with exercise like? Describe it.**

- 37. Do you feel like bad body image has affected your personality?**
- 38. Have you ever avoided a social situation because of body image, food, etc? Write through that process. What were your thoughts/feelings at that moment?**
- 39. Do you feel like you honor your body's needs?** (ie. Do you feed it when it's hungry? Move when it *wants* to move? Rest when it needs rest?)
- 40. What moral value do you think you place in appearance? Do you believe one body type is "better" than another? List these judgments.**
- 41. Do you tie your self-worth to your physical appearance? Why? Consider all the other things that make you worthy, unique, and loved.**
- 42. What do you LOVE about your physical body?**
- 43. Do you feel the need to change your body?**
- 44. If you feel the need to change your body, is it for yourself or for others?**
- 45. How do you feel when someone compliments your appearance? How do you feel when someone compliments your personality? Does this differ? Which do you value more? Why?**
- 46. How can you honor your body from this day forward?**
- 47. What are your goals in your body image development?**
- 48. How do you want to feel in your body?**
- 49. What does your ideal relationship with your body look like to you?**
- 50. How can you relieve any negative thoughts when you feel them? What are your coping mechanisms?**

**51. Write a letter to your body asking for forgiveness for the negative thoughts and promising a better future.**

*This may sound silly but it is really so healing.*

**52. What freedoms will accepting your body grant you?**

**53. How can you measure growth with your body image?**

**54. What does a positive body image mean to you? Be specific.**

**55. Have these body image journal prompts helped you? How will you continue the progress you've made?**