Journal Prompts-Body Image

Exploring My Relationship with My Body

How do I feel about my body today, and what influenced that feeling?

1. When did I first become aware of my body image, and how has it evolved over time?
2. What messages did I receive about my body growing up? How have they shaped my self-perception?
3. How do I speak to myself about my body? Would I say the same things to a loved one?
4. What parts of my body do I appreciate, and why?

Challenging Negative Body Thoughts

5. What are the most common negative thoughts I have about my body?
6. Where do these thoughts come from—personal experiences, media, societal standards?
7. How can I challenge unrealistic beauty standards that affect my self-image?
8. What would it feel like to accept my body as it is right now?
9. What is one negative body thought I can reframe in a more compassionate way?

Body Appreciation & Gratitude

10. What are some amazing things my body allows me to do?
11. How has my body supported me through difficult times?
12. What physical sensations or movements bring me joy?
13. How can I show my body kindness today?
14. What would change if I focused on what my body can do rather than how it looks?

Healing & Self-Compassion

15. How do I define beauty beyond appearance?
16. What unrealistic body expectations do I need to let go of?
17. How can I practice self-care in a way that nurtures my body rather than punishes it?
18. What role does comparison play in my body image, and how can I shift my focus inward?
19. What does body neutrality mean to me, and how can I work toward it?

Building a Positive Body Image

20. What clothing, activities, or environments help me feel comfortable in my body?
21. How can I set boundaries with people or media that negatively impact my body image?
22. What affirmations or mantras can I use to cultivate self-acceptance?

23. What is one step I can take toward a healthier and more loving relationship with my body?
24. How can I celebrate my body today, no matter how I feel about it?