

## **Unveiling Your Diet Culture Truth**

These questions are designed to help you reflect on your personal history with diet culture, making it easier to identify the roots of your beliefs and behaviors. This self-awareness can be a significant step towards fostering a healthier and more positive relationship with food and your body.

What is your earliest memory related to body image and dieting? How did it make you feel, and did it influence your beliefs about your body?

Can you recall a time when you felt pressure to conform to a certain body ideal or weight standard? How did this impact your self-esteem and behavior?

Have you ever engaged in a diet or exercise regimen that you felt was unsustainable or detrimental to your well-being? What were the motivations behind this choice, and how did it affect you physically and emotionally?

In your family or social circle, were there any significant figures or experiences that shaped your beliefs about diet culture? How did these influences impact your own relationship with food and your body?

Think back to pivotal moments or comments made by others about your body. How did these comments make you feel, and how have they influenced your self-image over time?

What role has the media, including magazines, television, or social media, played in shaping your perception of an ideal body? Can you identify any specific instances where media influenced your self-esteem or choices regarding your body?

How do you view your relationship with food and exercise now? Do you feel content and in control, or is there a sense of guilt, anxiety, or struggle? What factors from your past may have contributed to your current outlook?