



Healthy Body Image



To me, beauty is about being comfortable in your own skin. It's about knowing and accepting who you are.



–Ellen Degeneres–

Healthy Body Image is something anyone can struggle with, but it can be especially difficult for survivors of childhood sexual abuse. Loving your body can have a huge impact on your healing journey and make it easier to accept every part of who you are.

- Body image is how you personally experience your body. It includes your feelings and beliefs about your appearance and how you think others see you. These can be healthy or unhealthy.
- Unhealthy body image is when you have frequent negative thoughts about your body that get in the way of enjoying your everyday life. You might spend a lot of time worrying about how you look and you might spend a lot of time and energy trying to “fix” your looks or avoid things that make you feel physically self-conscious.
- To improve your body image you can consciously work toward a healthy body image. Base your self-worth on an overall balance of who you are: emotionally, physically, spiritually, and intellectually.
- You can also set boundaries, recognize the role that abuse, society, and media might play in your view of yourself, and be mindful when you are having negative thoughts.

Key Questions to ask yourself when you are feeling badly about your body or appearance:

- What am I feeling?
- What just happened to make me feel this way?
- What am I saying to myself in this situation?
- How am I reacting or wanting to react to this experience?



Suggested Reading

The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks
by T.F. Cash