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Body Acceptance Workbook



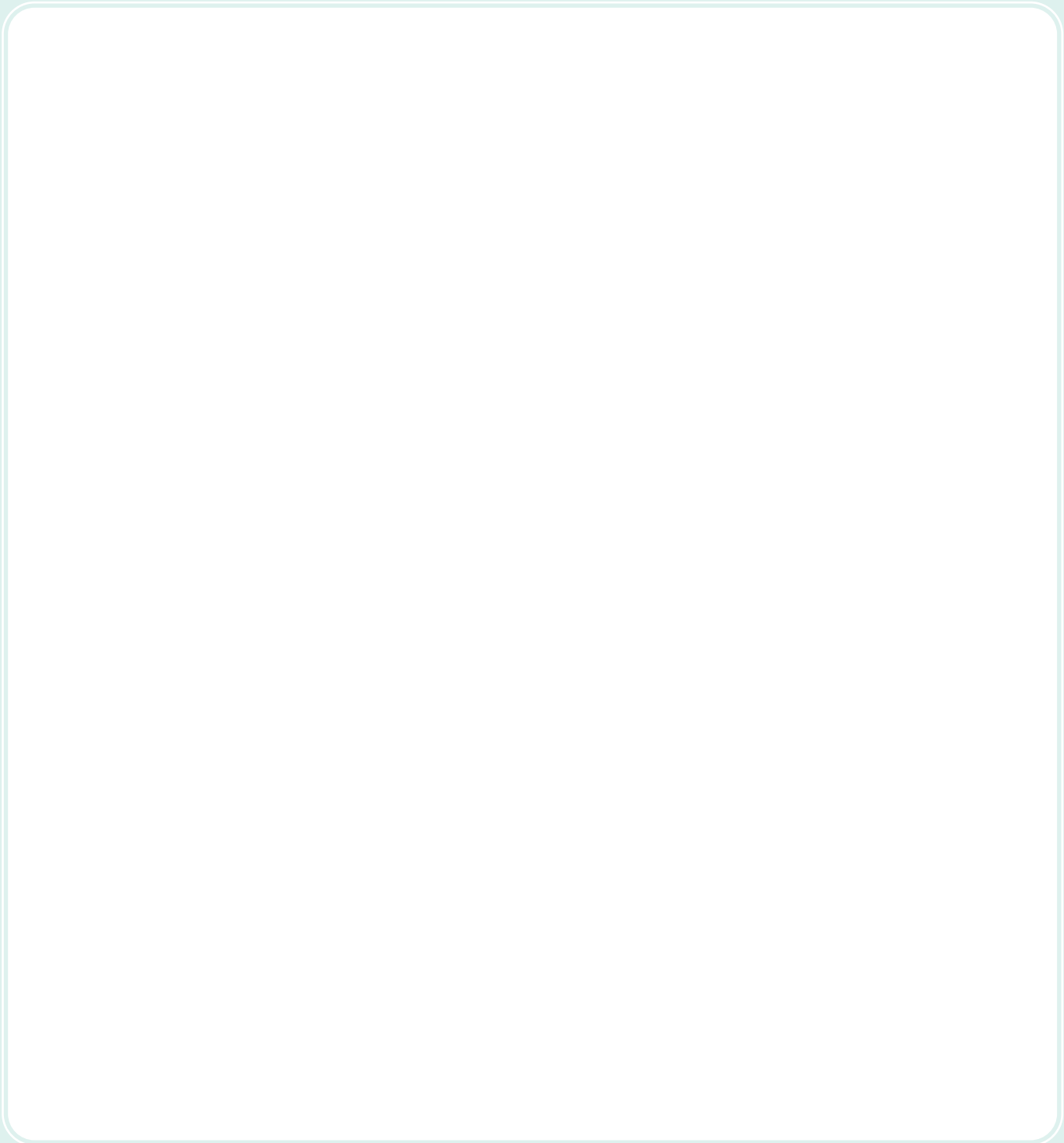
Learning to respect & appreciate your
body while finding joyful movement



The SociEATy founder **Colleen Christensen**

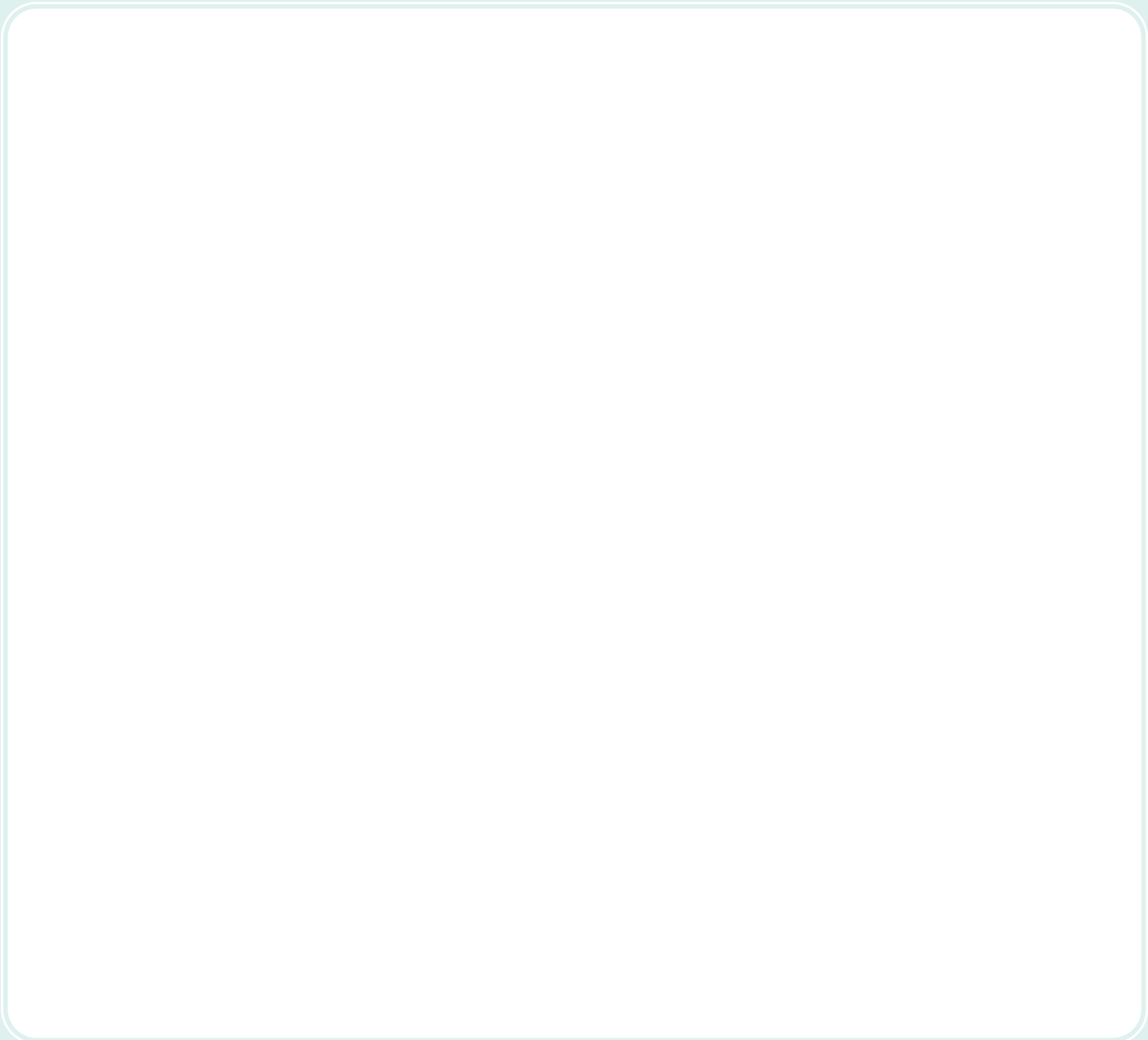
Finding Body Respect

Use this worksheet to create a list of reasons you respect and appreciate your body. We won't always love the way it looks 24/7, however we can always respect & appreciate it. Keep this list hand or take a photo of it to keep on your phone!



Social Media Reset

- Take a moment to unfollow 10-20 accounts on social media that make you feel less than fabulous about your own body.
- Now follow 10-20 accounts that empower & inspire you. Make sure it includes all shapes, sizes and colors!
- Jot down 10 of your favorite new accounts here and look up their profiles whenever you're feeling down about your own body image.

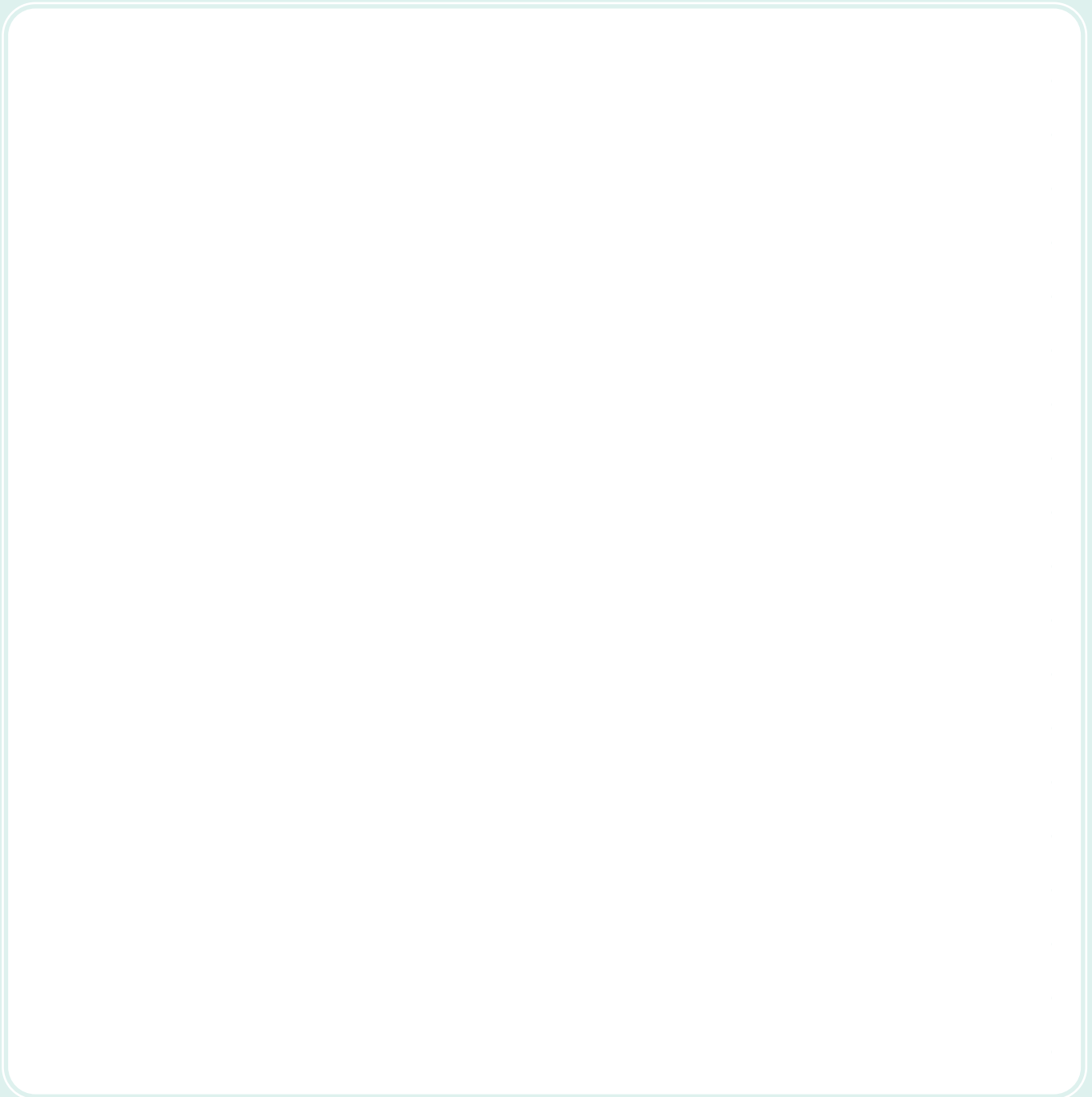


Mantras and Affirmations

Use this worksheet to create a list of your favorite body acceptance mantras & affirmations.

If you need ideas head to [Pinterest](#) and look up inspiring quotes and phrases.

Keep this list hand and also screenshot a few to keep as a background on your phone!



Track your Mean Girl Voice



- Over the next 1-3 days track your negative body image thoughts and write them down.
- Notice any common themes and triggers for having these thoughts.
- After the 1-3 days come up with new ways to replace these thoughts. Make your “comebacks” as sassy as you like!

common thoughts:

triggers for thoughts:

how to replace thoughts:

Body Acceptance Journal Prompts

- Use this list of ideas for journal entries to help you work towards body acceptance!
- You can also free write how you're feeling about your body at the moment and ID what is true and what is not.

- 1 List five things you're grateful for about your body.
- 2 Remember back to a time when you were proud of what your body capable of. How did you feel?
- 3 Think of someone you admire who doesn't have the thin ideal body type and reflect on how their body doesn't define them.
- 4 Think back to the first memory of being dissatisfied with your body. Was there a catalyst? How did you feel? What would you change about this situation?
- 5 Take a moment to reflect on the unrealistic society beauty standards. What emotions arise?
- 6 Describe what you would say to a friend if she said she was having a bad body image day.
- 7 Reflect on what your 99 year old self would want to remember about life. What is important? What is not?
- 8 Make a list of your characteristics that make you YOU!
- 9 Write a letter to your younger self. What would you want her to know?
- 10 Envision a life where you feel neutral about body image. What would that look and feel like?

Body Comment Responses



- Take a moment to jot down a few different responses that you can use when someone makes a comment about your body or your weight.
- You may use different ones for different people, such as a joke with close friends or changing the subject with acquaintances.
- Take a screenshot of this paper so you can have it with you at all times!

make a joke:

example: "My body my business!"

triggers for thoughts:

example: "Bodies are so not an interesting topic of convo, how is your dog?!"

educate and inform:

example: Our bodies are the least interesting thing about us and our opinions have been SO brainwashed by diet culture. Have you heard of HAES?!"

Exercise Audit Worksheet

Reflect on the following areas of your current workout routine.

What is the WHY?

What feelings arise:

**Do you enjoy it?
Why/why not?**

**What would you like it to be?
What would change?**

Be honest with yourself here and answer the question: Are you over exercising or using it to “earn” food? If so, it is a good idea to take a break from it to regroup and develop a healthy mindset.

What's the WHY for doing it? When the guilt/stress/anxiety goes away may be a signal that you've normalized not working out.

Exercise Brainstorm

- Take a moment to make a list of exercises you enjoy, have enjoyed, or may enjoy.
- Make another list of ones you did NOT enjoy.
- Use this exercise to gain clarity into joyful movement and experiment with the “may love” list!

**Forms of movement
I have/may love:**

**Forms of movement
I do NOT love:**

Exercise Brainstorm

- Use this worksheet to help you find joyful movement!
- Fill out this form as you work through the list of “may love” exercises that you have listed on the previous page.

form of movement:

thoughts & feelings before:

how did you feel during?

what thoughts arose?

would you do this again:

rate this exercise:

hate it!  loved it!

Joyful Movement Planner



- It is important to make joyful movement a part of your lifestyle for both physical & mental health.
- Take a moment to use this planner and identify what your exercise routine may look like

why:

What is the reason for you wanting to do this?
Does this align with your overall WHY for finding food freedom?

what:

What forms of movement will you try? Pick a few forms from your exercise brainstorm worksheet!

when:

Realistically, when will exercise fit into your day/week? Be realistic and do what works for YOU!

Additional Resources



Here are even more resources to help you ditch diet culture and find food freedom!

Blog post

- ◉ [Overcoming Negative Body Image](#)
- ◉ [How To Stop Over Exercising](#)
- ◉ [I Stopped Working Out & Here Is What Happened](#)
- ◉ [How I Learned To Love Exercise Again](#)

Video

- ◉ [How To Handle Weight Gain](#)
- Finding Exercise Motivation (coming soon!)

Books

- ◉ [Body Respect](#)
by Linda Bacon & Lucy Aphramor
- ◉ [The Body Is Not An Apology](#)
by Sonya Renee Taylor
- ◉ [Beyond Beautiful](#)
by Anuschka Rees

Many of these book DO contain some diet culture talk, proceed with caution if you're not ready!

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Have more questions? Head to The No Food Rules SociEATy's private Facebook group and post using #ASK

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