

# the sociEATy

## **stage 2: ending the war with your body**

### **video 2 workbook**

use this workbook to help you implement the teachings from this video

Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

**no food rules.**

# body image terminology

Everyone will have different goals when it comes to improving body image. It's time for you to establish your own body image goals! Take a moment to read through the following types of body image "goals" and see which one resonates the most with you and that you want to work towards. There is no right or wrong answer and your choice can change over time.



## Body Appreciation

Being able to recognize that your body is full of worth regardless of what it looks like.

## Body Respect

Feeling admiration to your body for it's abilities, qualities, or achievements.

## Body Neutrality

Being in a state of not feeling particularly positive nor negative towards you body; impartiality.

## Body Efficacy

Viewing your body for it's ability to produce a desired or intended result (i.e. living life!)

Take a second to think about common challenging body image thoughts you frequently have. What are the areas of your body that you really struggle with? Then, take those same areas or body parts and write a response to those body parts that aligns with the body image path you're striving for (appreciation, respect, neutrality or efficacy).

### Body image struggle:

### New way to respond:

# components of improving body image

Take a second to assess yourself in each of these key areas of improving body image. Where do you have room for improvement? How can you work to improve those areas?

## **Caring for the body**

This means taking care of your body's needs with rest, nourishment and self care.

## **Gratitude**

Includes noticing the things your body allows you to do and focuses on the positives.

## **Positive regard**

Not basing yourself upon your body or appearance but rather your values and character strengths.

## **Acceptance**

Doesn't mean you love your body but you accept it like you'd accept the weather or your shoe size. It just IS.

## **Protecting self/rejecting diet culture values**

Working to let go of the idea that thin = better, healthier, happier, etc.

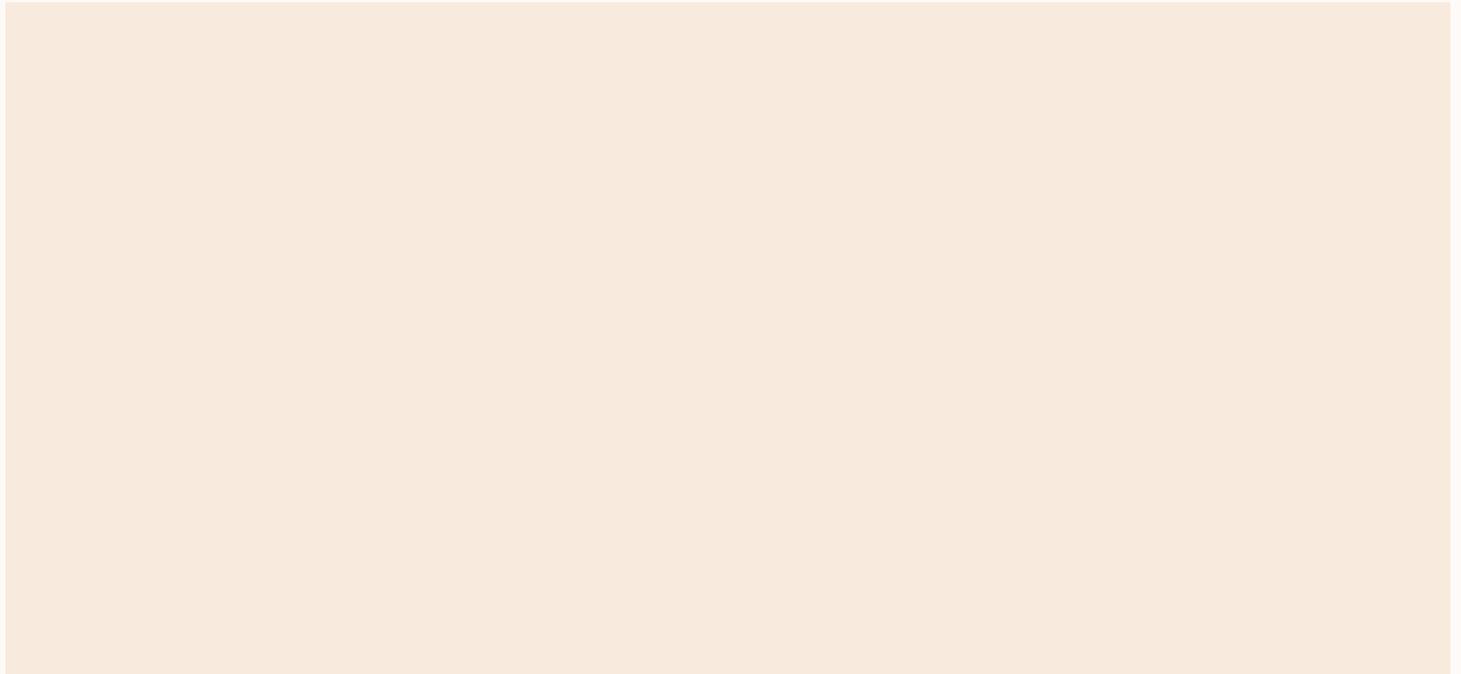
# identifying embodiment

Embodiment is defined as a tangible or visible form of an idea, quality, or feeling or an outward appearance that is maintained to conceal a less pleasant or creditable reality. It's not uncommon for us to embody our thoughts, feelings and emotions in our body image.

One of the first questions to ask on a challenging body image day is "what else is going on?" Often we use our bodies as a scapegoat. We misattribute our negative feelings and project them onto our bodies, causing challenging body image. We do this to avoid feeling our feelings, because they're hard and many times uncomfortable. Our bodies become a dumping ground for our difficult feelings.

Take a second to reflect and see if you notice trends in your challenging body image days. Do they correlate with fights with your partner, a tough day at work, or maybe even a rainy "blah" day? Take note of that and bring that into your interoceptive awareness and be mindful of your response to that, including potential embodiment where you take your emotions or feelings and project them onto your body to create a tangible or visible form of your emotions that feels easier to deal with and less conceptual.

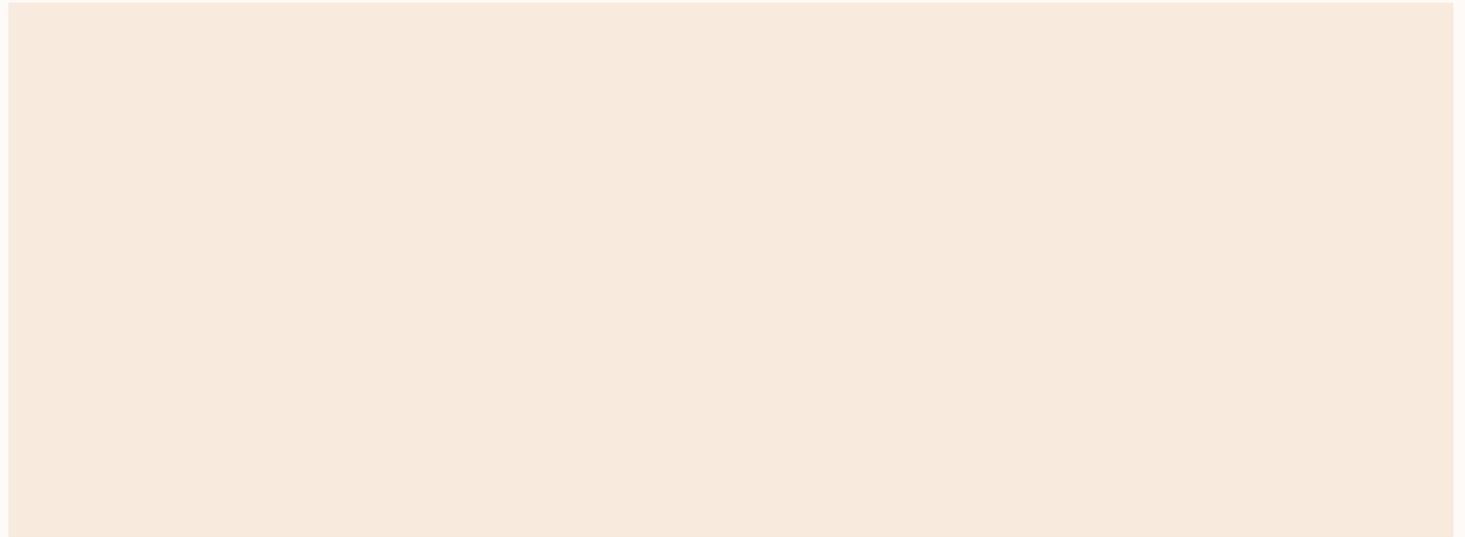
**My challenging body image days often go hand-in-hand with....**



# separating self-worth from your body

For this practice, think about characteristics that you value about yourself that have nothing to do with the way your body looks. Maybe you are funny, kind, a good listener, wicked smart, have an outstanding work ethic, are an amazing mother, etc. If you're struggling to come up with anything, think about some non-body compliments you have received or you can try asking a friend, family member or loved one to name a few for you. Take a second to think of 8-10 characteristics.

**My non-body characteristics are...**



I'd recommend keeping that list of 8-10 things handy. Get creative on Canva and make a cute list to keep in your phone to look at or simply type it into the notes app of your phone. Take sticky notes and leave them around your house as little love notes.

# 'and' therapy

When you have a challenging body image day this is going to help you remove your identity from your body.

First, narrow this down to the list of 8-10 characteristics from the previous page to the top 3 most powerful and important to you. You can absolutely use them all but focusing on the ones that you feel most strongly about can be helpful.

## My top 3 non-body characteristics are...

When you're having a challenging body image day try this: state "I am having a challenging body image day... **AND**... I am \*insert one of your top 3 characteristics here\*."

Example: I am having a challenging body image day AND I am a loving wife and dog mama. Or, I am having a challenging body image day and I am a unique and creative human being.

### I am having a challenging body image day

(We are not trying to invalidate our feelings- it's okay for you to feel this way)

AND

### I am/have/can/etc.

(Reminded yourself that while you may be feeling this way it doesn't define who you are)

### bonus tip!

Remind yourself that emotions come and go. This challenging body image day won't last forever (even though it feels that way) Let's see how we feel tomorrow.

# closet clean out

Not only is it important to discuss our thought process when talking about body image, but it's important to discuss what we put ON our bodies. Are the clothes that you wear comfortable for your body? Not "do they fit", but are they comfortable for your body? These can be two different things. Do you like the clothes you wear or are you just wearing the same things to hide your body? Do your clothes bring you joy?

**Take a moment to reflect on your clothes and if they fit your body comfortably.**

Take some time to bag up clothes in your closet that do not feel comfortable on your body. Simply start by taking them out of your closet. You don't even necessarily need to throw them away, but get them out of your closet to start.

Now, take inventory of the clothes you have in your closet. Which fit your body comfortably? Do you notice any common themes about them? (example: cut, fabric, etc.)

**Clothes that feel good to me commonly have/are...**

## shopping tips

1. Start with bigger sizes when possible. Try those first.\*
2. Try on clothes with your eyes closed and focus on how it feels.
3. THEN turn in the mirror IF the clothes feel good.

\*There may be instances if you live in a larger body where there is no next size up. This is incredibly hard to deal with and not your fault. Lean on this community for support, other members have gone through this as well and can offer support and guidance. Extra attention to your thoughts during this time may likely be needed. This is not fair. This is not right. And it is not a reflection on you or a result of you doing anything wrong.

**\*BONUS TIP: consider creating a 'daily uniform'!**

# body image quotes

Take a moment to search Pinterest for body image quotes that inspire and encourage you. Whenever you are having a challenging day, maybe it's even hard to find something you appreciate about your body, you can have these mantras and affirmations on deck to lean on. This is part of rewiring our brain and creating new non-diet-y neural pathways. Remember, repetition is KEY here!

**My favorite body image quotes include...**

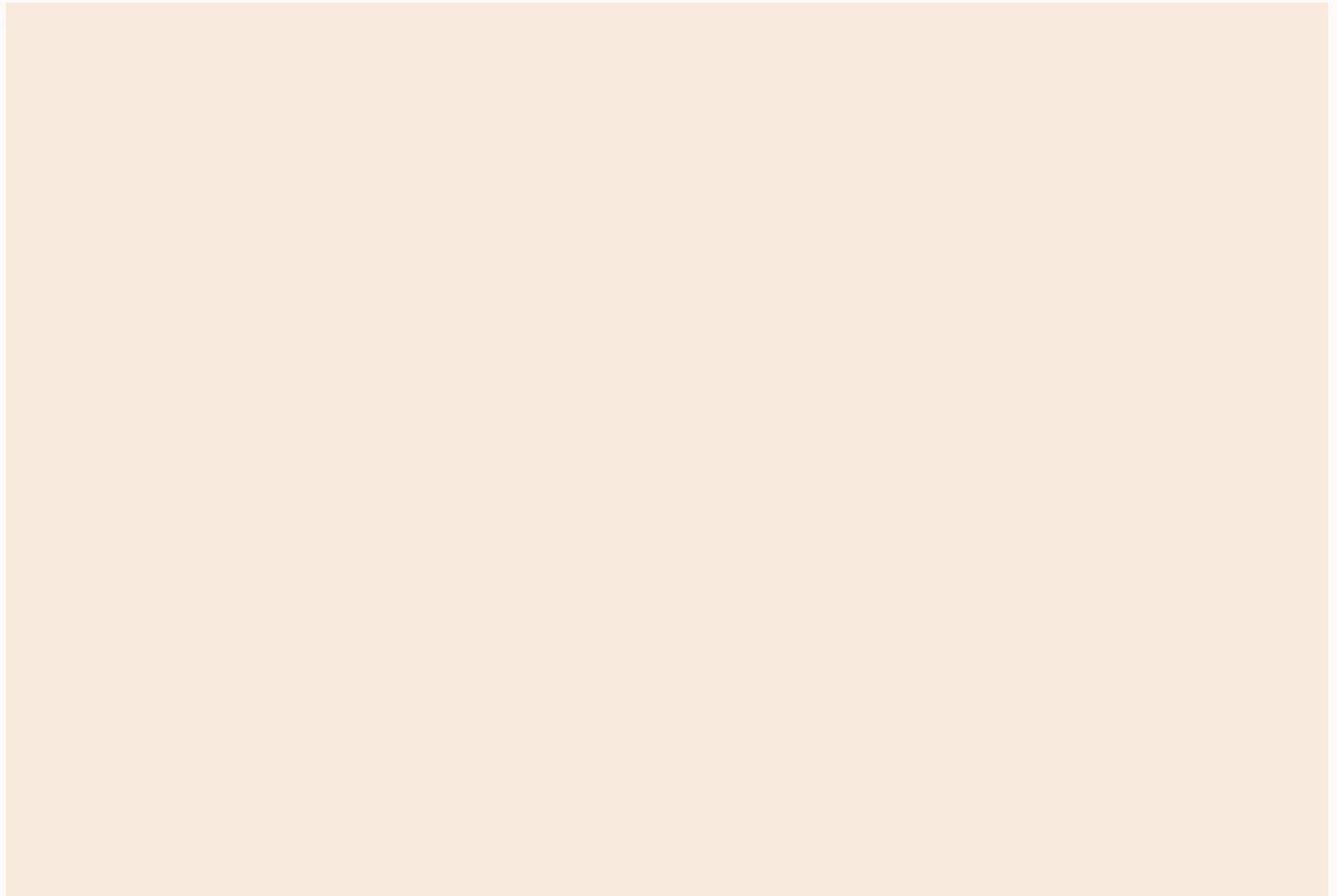


# giving your younger self advice

When you're having a challenging body image day, try picturing a younger version of yourself. Take a moment to think back to your childhood and/or find a photo of yourself to increase the impact of this exercise. What would you say to them? If you have kids in your life you can also pretend what you'd say to them in this situation. I find this a little more impactful versus what would you say to a friend since there is such innocence related to childhood and typically we relate so much to our friends since we've both been seeped in diet culture for so long, but you can absolutely use a friend too.

Take a moment to brainstorm some advice you'd give your younger self.

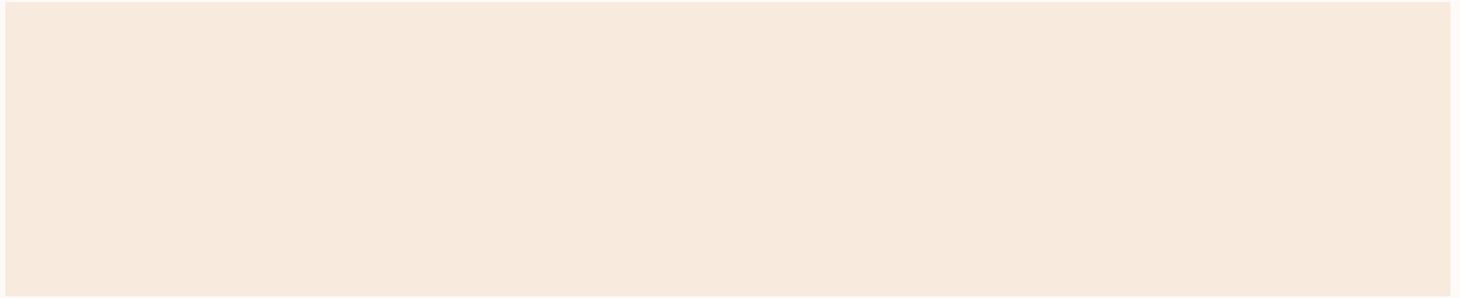
## **Advice I'd give may include...**



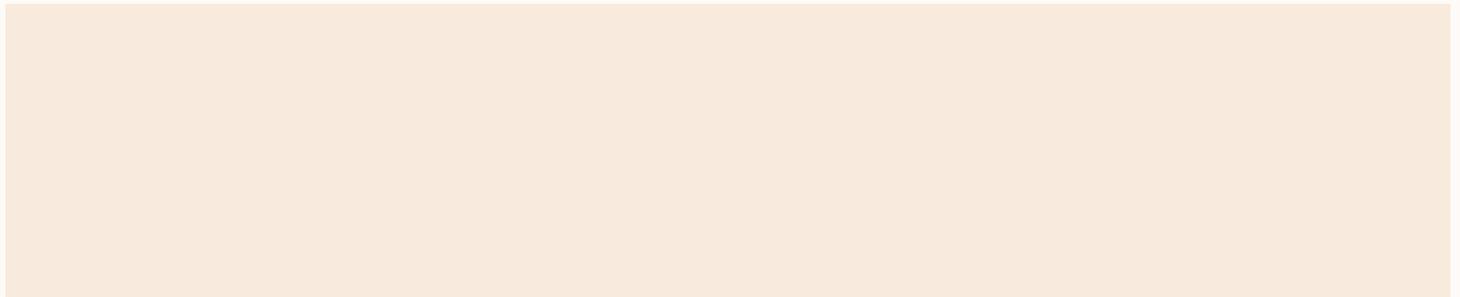
# overcoming weight fears

Take a moment to reflect on some of your thoughts and ideas you have about what weight your body "should" be. What thoughts or fear do you have about not being at this weight? What do you think will happen? Then assess if these thoughts are true, where they came from and what is actually true about your weight.

**My fears/thoughts include...**



**The reality of these thoughts are...**



Now, take that first thought and reframe it with something that is true and will help you on your food freedom journey. Whenever you have that first thought: pause, recognize this unhelpful/untrue thought and then replace it with new, true thoughts.

**A true, helpful thought would be...**

