

Steps to Shift Your Body Image Mindset



Hear Your Soundtrack

Set a timer for 2 minutes and stand in front of the mirror - pay attention to the thoughts you have: ALL of them. Don't judge them - just listen.

Use Curiosity questions

Use curiosity questions to avoid judging yourself for talking badly about your body:
Who taught me that?
What experience brought my body here?
Where/when did I learn that?

Ask "What does that mean?"

If you get stuck, ask yourself "what does that mean?":

My stretchmarks are gross
What does that mean?
etc.

Be compassionate

Remember, it took you 20+ years to get to this point, changing your beliefs is hard work, so give yourself some compassion. As long as you are trying, you are winning!

Write out the thoughts that you hear

Grab a journal or use your phone recorder and get out the things that you think about your body. This will make them more objective and easier to work through.

Redirect

Rewrite the thoughts to be FACTUAL and less emotional:

"My stretchmarks are gross" becomes "I have stretchmarks"

ps. stretchmarks are cute

Diversify your social media

Follow accounts that feature bodies that make you uncomfortable just living their best lives! This will shift the representation!

Remember you won't always love your body

Don't forget to aim for body neutrality instead of body love. Simply say "I have a body." It's not good or bad - it just is.

FOR MORE DETAILS, VISIT
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