

Body Image Worksheet- Body Image and it's 4 Aspects

Objectives: To help individuals explore their body image keeping in view the four aspects of body image.

Instructions: Complete the table given below. Write down how you deal with your body, how you feel about your body, how you think about your body and what behaviors are influenced by your body image.

How Do I Deal with My Body?	How Do I Feel About My Body?	How Do I Think About My Body?	Behaviors Influenced by My Body Image?

Body Image Worksheet- Improving my Body Image

Objectives: To help an individual explore ways of improving his body image.

Instructions: Brainstorm and write down some ways by which you can improve your body image.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Body Image Worksheet- My Body Image

Objectives: To help an individual explore his body image.

Instructions: Mention what are your views about your body image, how other people view your body and how does it affect your behavior. Think of ways in which you can challenge other people's claims.

My Body Image	Other People's Views About My Body	Influence of Other People's Views on My Behavior	How I can Challenge Other's People's View of My Body