



What Messages About Bodies Are You Carrying?

A Self-Reflection Workbook on Body Image, Weight, and Self-Worth



The messages we receive about bodies begin early and can quietly shape how we see ourselves and others. This worksheet is an invitation to pause, reflect, and explore the beliefs you may be carrying.

✧ *There are no right or wrong answers. The goal is awareness, not perfection.*



HOW TO USE THIS WORKSHEET

Rate each statement based on how often it feels true for you.

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Often
- 5 Very Often



1 MESSAGES ABOUT MY OWN BODY

How often do these thoughts or behaviors show up for you?

	1	2	3	4	5
1. I criticize my body or appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I compare my body to someone else's.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. My mood is affected by how I feel about my appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I believe I would be happier if my body looked different.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I judge myself more harshly because of my weight or shape.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I avoid certain activities because I feel uncomfortable in my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I define my success by changes in my appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I feel guilty when my body changes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I struggle to appreciate my body for what it does rather than how it looks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I speak kindly to myself about my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SECTION TOTAL /50



2 MESSAGES ABOUT OTHER PEOPLE'S BODIES

What assumptions do you notice yourself making?

	1	2	3	4	5
1. I automatically notice someone's weight when I meet them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I assume weight reflects a person's discipline or self-control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I associate thinness with success, health, or attractiveness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I admire people when they lose weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel concerned when someone gains weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I make assumptions about health based on appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I compliment weight loss more readily than other accomplishments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I notice myself making judgments about bodies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I value qualities such as kindness, integrity, humor, or resilience more than appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I believe people of all sizes deserve respect and dignity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SECTION TOTAL /50



3 FOOD, DIET CULTURE, AND HEALTH MESSAGES

What messages have you absorbed about food and health?

	1	2	3	4	5
1. I label foods as "good" or "bad."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I feel guilty after eating certain foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I believe weight is the most important indicator of health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I admire strict dieting or rigid eating habits.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I have judged my worth based on what I ate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I believe people should earn food through exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I feel pressure to change my body.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I believe health can exist in many different body sizes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I respect my body's hunger and fullness cues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I can enjoy food without guilt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SECTION TOTAL /50



4 CREATING A MORE COMPASSIONATE PERSPECTIVE

How often do you engage in these supportive behaviors?

	1	2	3	4	5
1. I challenge harmful stereotypes about weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I avoid making negative comments about bodies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I compliment character and values more often than appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I encourage self-acceptance in myself and others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I speak up when I hear body shaming or weight-based teasing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I appreciate body diversity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I recognize that worth is not determined by appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I practice self-compassion when I struggle.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I focus on overall well-being rather than weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I believe all bodies deserve care, respect, and dignity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SECTION TOTAL /50



REFLECTION QUESTIONS

What messages about bodies did you hear growing up?

Which of these messages still influence you today?

Which beliefs would you like to challenge?

What would a more compassionate relationship with your body look like?

ONE SMALL STEP FORWARD



What's one thing you can do this week to practice greater body respect, self-compassion, or acceptance?

A NOTE FROM SHOSHANA

Body image is rarely just about a body. Often, it is connected to self-worth, belonging, relationships, shame, perfectionism, and the stories we have carried for years. Awareness is the first step toward change. As you reflect on these questions, I invite you to approach yourself with curiosity rather than criticism.

Shoshana Ort, LCSW



Shoshana Ort, LCSW
INNER CALM COUNSELING
Healing within, connecting together

📞 720-772-7149
✉ shoshana@innercalmcounseling.com
🌐 innercalmcounseling.com

📍 5200 DTC Parkway
Greenwood Village, CO 80111
🖥 In-Person & Virtual Therapy
Across Colorado & New Jersey