

Body Image & Self-Esteem Definitions

Body image is...

What you think and believe about the way you look.

How you feel about your body, including your height, shape, and weight.

How you see yourself when you look in the mirror or when you picture yourself in your mind.

How you sense your body as you move.

How you feel in your body, not just about your body.

Negative body image is...

You feel ashamed, self-conscious, and anxious about your body.

You feel uncomfortable and awkward in your body.

You think parts of your body are unlike what they really are.

Positive body image is...

- You celebrate and appreciate your natural body shape.
- You understand that a person's physical appearance says very little about their character and value as a person.
- You feel proud and accepting of your unique body.
- You refuse to spend an unreasonable amount of time worrying about food, weight, and calories.
- You feel comfortable and confident in your body.
- You have a clear, true perception of your shape—you see the various parts of your body as they really are.

Self-esteem is...

What you think, feel, and believe about all parts of yourself.

How you feel about your abilities, talents, and personality.

Negative self-esteem is...

You do not feel talented, or you believe that your talents are not important.

You believe that you need to change a lot about yourself.

You think that people do not like you.

Positive self-esteem is...

- You feel good about yourself.
- You recognize that you have unique talents and abilities.
- You think that you are a likeable person.

ACCEPT YOUR BODY ~ ACCEPT YOURSELF

