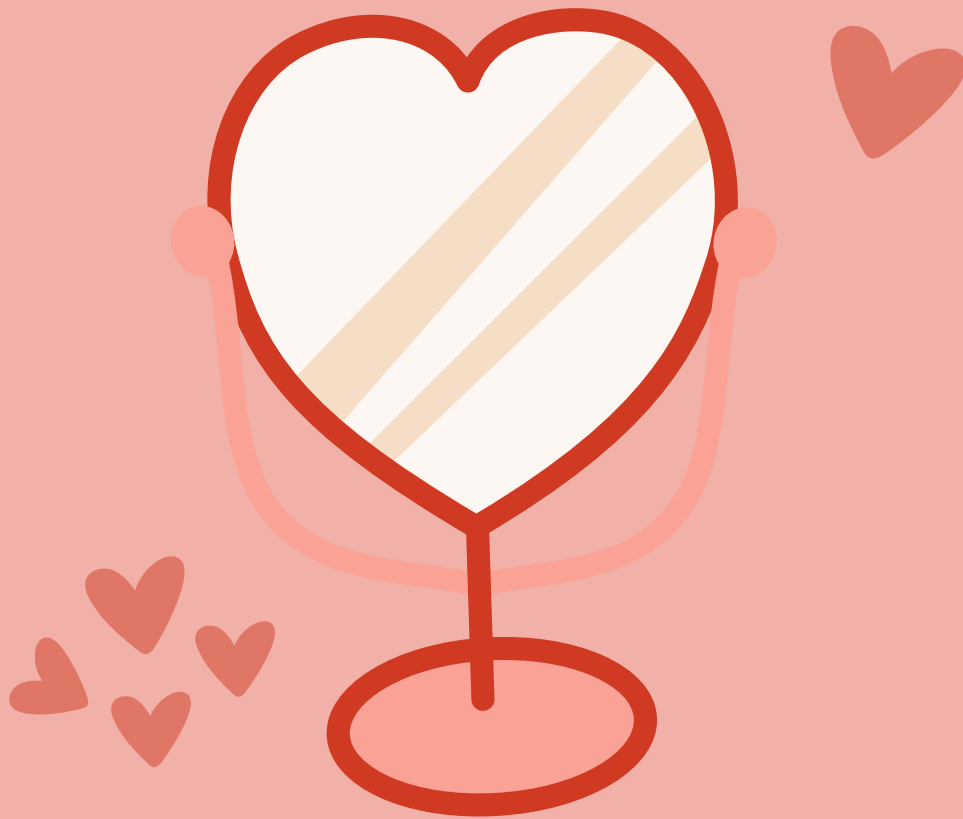


EMBRACE YOUR REFLECTION



A BODY IMAGE WORKBOOK
FOR TEEN GIRLS

By Amber Doel



ABOUT THE AUTHOR

My name is Amber Doel and I am a high school student that currently lives in North Carolina. As I grew into my teenage years, I struggled with self-esteem and body image because of bullying and the unrealistic beauty standards that teenage girls experience. Throughout my adolescence, it became clear to me that everyone displays their own unique beauty on the inside, which is more significant than anything. I understand it can be difficult to be comfortable with yourself, and I hope this book helps anyone that is struggling with self-esteem and finding their inner beauty.

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EMBRACE YOUR REFLECTION

Welcome to "Embrace Your Reflection," a body image workbook specially designed for teens like you. You're navigating through a period of significant physical and emotional changes, and it's natural to feel curious, anxious, and self-conscious about your developing body. This workbook is here to guide you on a journey of self-discovery, self-acceptance, and empowerment, as you learn to cultivate a positive and healthy relationship with your body.

By working through these pages, you will learn to silence your inner critic, embrace your unique traits, and recognize that true beauty stems from confidence, kindness, and authenticity. Remember, you are much more than your physical appearance, and your worth is not determined by societal expectations!

You are not alone on this journey. We are here to guide and support you every step of the way. Let's get started and begin our adventure of self-empowerment and body positivity!



DAILY REFLECTION

Date: __/__/__

Right now my body needs...

- _____
- _____
- _____

I am grateful that today my body helped me...

I can be kinder to myself by...

- _____
- _____
- _____
- _____

Notes & Reminders:



DAILY REFLECTION

Date: __/__/__

Right now my body needs...

- _____
- _____
- _____

I am grateful that today my body helped me...

I can be kinder to myself by...

- _____
- _____
- _____
- _____

Notes & Reminders:



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Date: __/__/__

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- _____

I am grateful that today my body helped me...

I can be kinder to myself by...

- _____
- _____
- _____
- _____

Notes & Reminders:

EXPLORING MYSELF

It is important to recognize your qualities that have nothing to do with your physical appearance.

List three words other people may use to describe you (separate from your appearance):

1. _____
2. _____
3. _____

List three things you love to do (doing yoga, making arts and crafts, spending time with friends, etc.):

1. _____
2. _____
3. _____

List three important roles you have in other people's lives (friend, daughter, sister, cousin, etc.):

1. _____
2. _____
3. _____

List three things that make you unique and different from others:

1. _____
2. _____
3. _____

SELF REFLECTION



What my body does for me:



What I love about my body:



What's unique about my body:

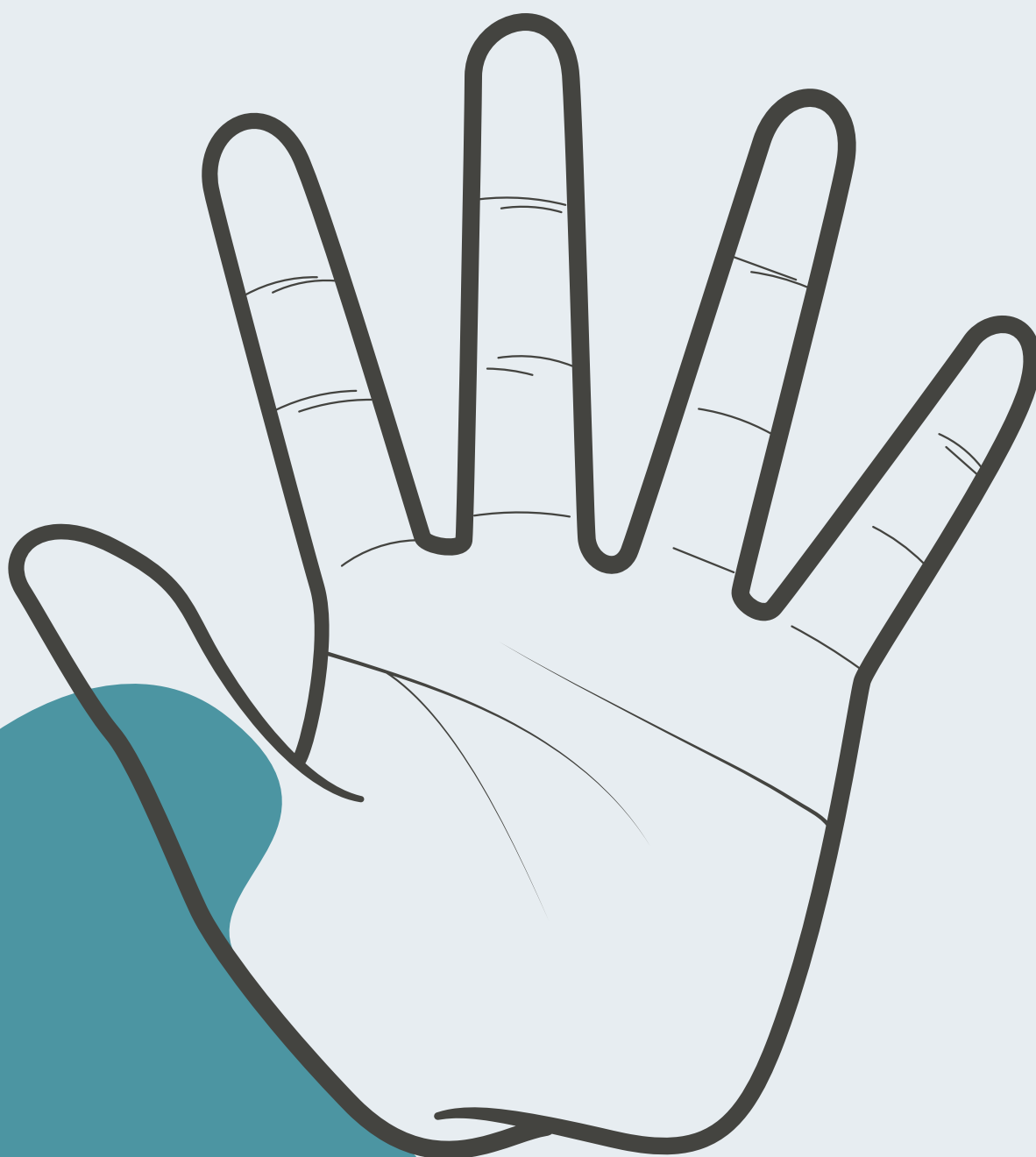


How I can keep my body healthy:



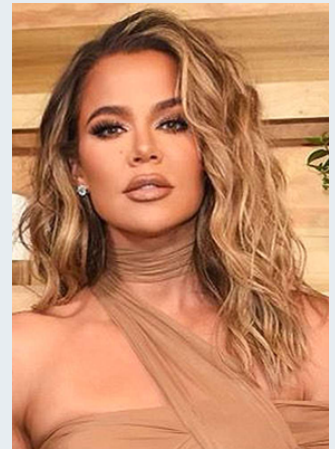
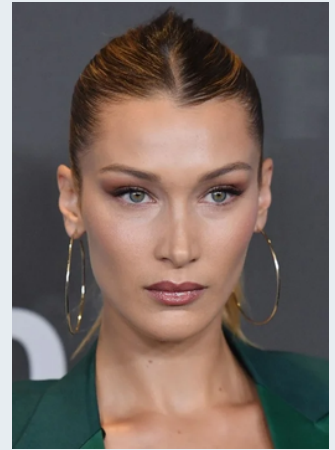
EXPLORING BODY IMAGE

On each of the five fingers, write five things you like about yourself that are SEPARATE from your appearance.



COMPARING MYSELF TO OTHERS

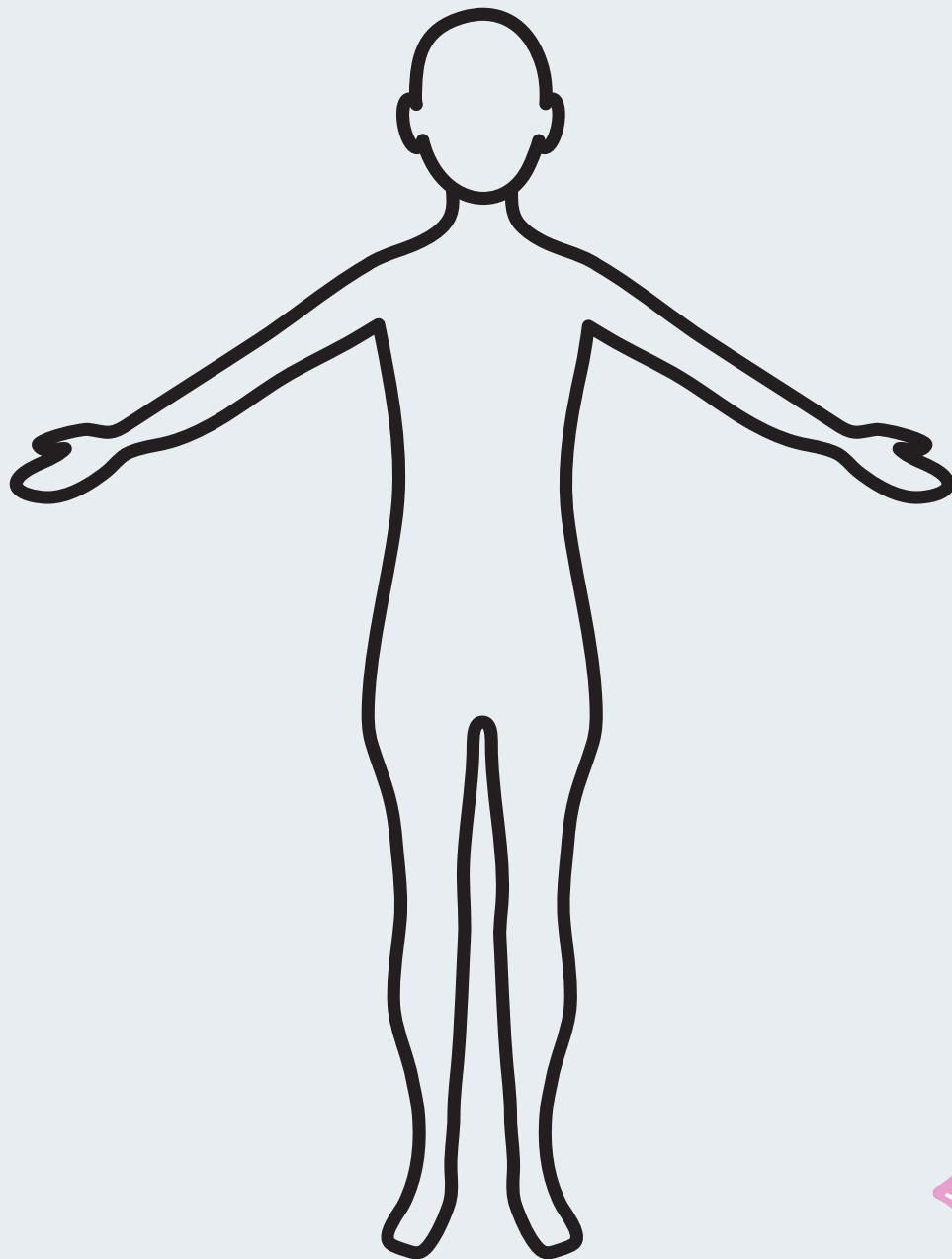
Today's Unrealistic Beauty Standards



Today, a high beauty standard is set upon young people due to pop culture. However, many of the most influential people have undergone plastic surgery. It is unfair to compare yourself to someone who has undergone a procedure to enhance their beauty. Next time you compare yourself to someone else, remind yourself of that.

SOCIETAL STANDARDS

What does society tell us we should look like? Draw it on the figure below.





SOCIAL MEDIA CLEANSE

There are both positive and negative contributions to social media. On the positive side, it can be a great place for support, inspiration, and community. When it comes to negative factors, an unrealistic standard is set due to photo editing, cosmetic altercations, and more. It can be beneficial for you to take a break from social media sometimes.

Social media accounts that do NOT make me feel good about myself:

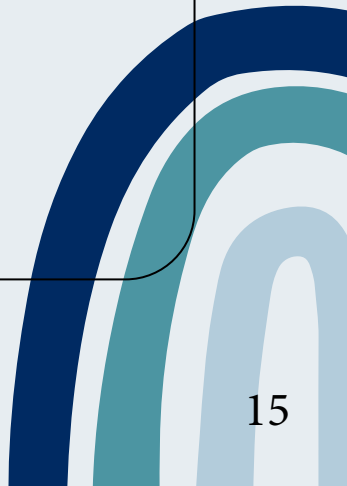
If a specific user or account impacts how you feel about yourself, consider unfollowing, unadding, or muting them.



SOCIAL MEDIA CLEANSE

People who inspire me:

What I like about them:





SELF ACCEPTANCE

What are your strengths?

What are your weaknesses?

What makes you unique?

What imperfections make
you unique?

What skills, qualities, characteristics, and talents do you admire
within yourself?



MY VISION BOARD

HEALTH

FAMILY

HOBBIES

FRIENDSHIPS/
RELATIONSHIPS

KNOWLEDGE

CAREER

HOW I FEEL ABOUT MYSELF

This activity can help you reduce the self-criticism you have toward certain physical features. In the following chart, write the first word that comes to mind when you think about certain physical features. After that, label whether your thought about yourself is a truth or a judgment. If the thought is a judgment, replace the word.

Body Part	First word/thought	Truth/ judgment	Replacement word (for judgment)
Skin			
Hair			
Eyes			
Lips			
Teeth			
Nose			
Ears			

Body Part	First word/ thought	Truth/ judgment	Replacement word (for judgment)
Neck			
Shoulders			
Chest			
Arms			
Hands			
Nails			
Back			
Stomach			
Hips			
Thighs			
Calves			
Other _____			
Other _____			

FOCUSING ON THE POSITIVE

It is important to focus on the positive feelings and thoughts you have about your body. Write 10 things you like or love about your body and how each one positively impacts you!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



DAILY AFFIRMATIONS

My body is healthy, which makes me happy.

My body is perfect for me.

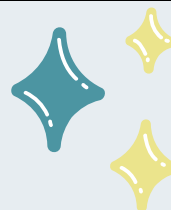
I am thankful for my body's strength, and how it serves me every day.

My size, shape, and appearance does not define who I truly am.

My body is worthy of love and respect just as it is.

I unconditionally accept and love myself just as I am.

Write your own affirmations!



TREATING MYSELF IN SMALL WAYS

It is important to do small things for yourself. Treating your body with kindness overall impacts how you feel about yourself. Circle activities on the list that appeal to you and try them!

Taking a bubble bath.

Bake something.

Take a long walk while listening to your favorite music.

Listen to your favorite podcast.

Organize your space.

Do yoga in the sun.

Journal.

Create some art.

Read your favorite book again, or start a new book.

Practice meditation and mindfulness.

Watch your favorite show or movie.

Other: _____



TREATING MYSELF IN SMALL WAYS REFLECTION

After trying at least three things on the list, write about your experiences and how they made you feel.

What activities did you try?: _____

How did it feel to take time for yourself?: _____

How did it feel to be kind to yourself?: _____

Will you continue to practice these activities? Why or why not?: _____

THE WAY I TALK TO MYSELF

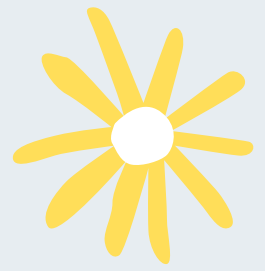
Provide examples of how you talk to others vs. how you talk to yourself. Is there a difference? Would you say the things you say to yourself to others?

The way I talk to strangers...

The way I talk to friends...

The way I talk to myself...

HOW I PERCEIVE MYSELF



The way you behave toward your body is the direct result of how you see, feel, and think about yourself. Think about how you perceive your body while answering the following questions.

How do I see my body?

How do I feel about my body?

What do I think about my body?



NEGATIVE THOUGHTS ABOUT MYSELF

With consideration that your thoughts, feelings, and actions are connected, how you think about yourself will also affect how you feel and act. On the chart below, record any negative thoughts you have about yourself.

Negative thought about myself.	What caused me to think this way about myself?	How did the thought make me feel?



I AM MORE THAN MY BODY



Body image affects how you view yourself. Dig a little bit deeper as you fill in the following statements.

My best personality traits:

My accomplishments:

I am good at:

What makes me unique:

Challenges I have overcome:



SETTING GOALS FOR MYSELF

Setting personal goals and achieving them can feel great! This section is to be filled out over the course of 4 weeks. Set a new goal, or a repeating goal for yourself each week, and reflect on how it went.

Week 1

A goal I am setting for myself this week is:

Something I will try to stop doing this week is:

How did I do this week?

Week 2

A goal I am setting for myself this week is:

Something I will try to stop doing this week is:

How did I do this week?

SETTING GOALS FOR MYSELF

Week 3

A goal I am setting for myself this week is:

Something I will try to stop doing this week is:

How did I do this week?

Week 4

A goal I am setting for myself this week is:

Something I will try to stop doing this week is:

How did I do this week?



A large, abstract teal shape that resembles a stylized wave or a splash, filling the background of the slide. It has a smooth, organic edge that curves from the top left towards the bottom right.

JOU

What advice would I give to someone struggling with their self/body image?

As someone who has struggled with body image, what advice would you give to someone going through something similar?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

HOW I WANT TO FEEL IN MY BODY

Feeling good both physically and emotionally impacts the way you feel about yourself. Think about how you want to feel physically (ex. being energized vs. being tired). With that, think about how you want to feel emotionally (being happy vs. being sad). After, think about how you feel both physically and emotionally on a regular basis.

How I want to feel physically...

How I want to feel emotionally...

How I feel both emotionally and physically on a regular basis...



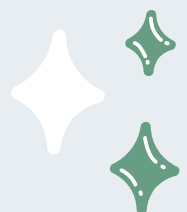
ATTACHING SELF- WORTH TO MY APPEARANCE

This activity involves you asking yourself questions to overall understand if you attach your self-worth to your appearance.

Does my satisfaction with my appearance dictate my mood or how I feel most days?

Do my feelings about my appearance get in the way of enjoying life?

Do I find myself seeking reassurance from others about my appearance?



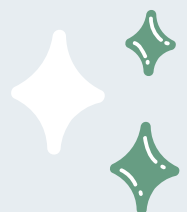


ATTACHING SELF- WORTH TO MY APPEARANCE

Do I spend a lot of time worrying about what others think of
how I look?

Do I avoid certain people, activities, or situations because I
am feeling self-conscious?

Should my appearance really dictate my overall self-worth?
Why or why not do I allow it to?



50 THINGS I LIKE ABOUT MYSELF

Over time, write 50 things you like about yourself.

1. **It can be anything!** _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

50 THINGS I LIKE ABOUT MYSELF

18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____

50 THINGS I LIKE ABOUT MYSELF

37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____

MY BODY'S TIMELINE

Make a timeline of your body's accomplishments and things your body has gone through and done throughout your life.



GRATITUDE TOWARD MY BODY AND ITS FUNCTIONS

It is important to show your body gratitude. Your body performs numerous functions every day. Write some things about your body that you are grateful for.
Example: I am grateful that my body allows me to run.

- _____

- _____

- _____

- _____

- _____

- _____



"HOW OFTEN DO I...?"

Answer the following questions by circling one of the options.

How often do I criticize my body?

Very often Often Sometimes Never

How often do I say nice things about my body?

Very often Often Sometimes Never


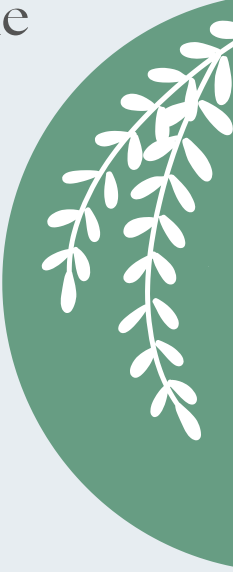
How often do I obsess about my physical appearance?

Very often Often Sometimes Never

How often do I feel appreciation toward my body?

Very often Often Sometimes Never

Based on what you answered, what patterns do you notice? What would you want to change?





COPING SKILLS

Engaging in healthy coping strategies benefits how you feel about yourself. Consider the list when exploring ways to cope, and check off activities you've completed.

_____ Do something that is comforting that reminds you of your childhood

_____ Get a massage, or do some self-care

_____ Do something nice for someone else

_____ Practice yoga or meditate

_____ Spend time with family or friends

_____ Try something new

_____ Write a list of your strengths

_____ Do an activity that you know you enjoy!

Other Ideas:

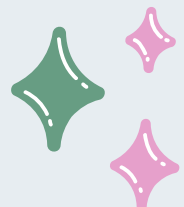
THE TRUE PURPOSE OF MY BODY

The true purpose of one's body is NOT to look a certain way. Think about that while answering the following questions.

Why do I have a body?

What is the true purpose of my body?

Do I ever focus on the true purpose of my body
when criticizing it?



IMPROVING MY SELF-IMAGE

What can I do to improve my self-image?

Emotional Stability:
I need to think of my
body in healthy ways.

Self-Esteem: I need
to accept myself
for who I am, and
understand I am
worthy.

I need to prioritize having a
positive attitude. I cannot
hold ideals that are
impossible to achieve.

I need to stop
comparing myself
to others.