

Body Image Definitions

Body Image

1. How you feel about your body and how you see yourself.
2. Positive or negative feelings about your body's shape, size, skin tone, dis/abilities, etc.
3. What you think other people perceive in and about you.

Positive Body Image

1. Understanding that physical appearance is only a small part of who you are as a person.
2. An accurate and true perception of what your body looks like.
3. Being comfortable with and accepting the body you have.
4. Not comparing your appearance with models, celebrities, or professional athletes.

Negative Body Image

1. Defining yourself only by the way you look.
2. Having a distorted/untrue perception of what you actually look like.
3. Feeling ashamed about the size, shape, qualities, and dis/abilities of your body.
4. Feeling bad about your body because you compare yourself to others and to unrealistic standards.