



Body Image Discussion Questions Worksheet

Understanding body image involves exploring how we see ourselves, how we think others see us, and how we feel about our bodies. This worksheet is designed to help you reflect on your body image and discuss your thoughts and feelings in a supportive environment.

How do you feel about your body today?

Write down any thoughts or feelings you have about your appearance right now.

When do you feel most confident about your body?

Describe a situation or moment when you felt good about your body.

When do you feel least confident about your body?

Reflect on a time when you felt uncomfortable or insecure about your appearance.



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How has your perception of your body changed over time?

Consider how your body image has evolved from childhood to now.

What do you appreciate about your body?

List three things you are grateful for when it comes to your body, whether related to appearance, function, or health.

Who in your life has influenced your body image?

Reflect on the people who have shaped how you feel about your body, whether positively or negatively.

How do you cope with negative thoughts about your body?

Identify strategies or habits you use to manage negative body image thoughts.



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What role does self-care play in your body image?

Explore how practices like exercise, nutrition, sleep, and mindfulness influence your body image.

How can you support others who struggle with body image issues?

Consider ways to be a positive influence on friends, family, or community members dealing with body image concerns.

What are some affirmations or positive statements you can say to yourself?

Write down three affirmations that can help improve your body image.

What goals do you have for improving your body image?

Set one or two realistic goals to work on your body image, and outline steps you can take to achieve them.
