

10 DIFFERENT CHARACTERISTICS OF POSITIVE BODY IMAGE



Body image research is DEFINITELY lacking but we do have an understanding based on the research that tells us about why some people have better body image than others and what qualities, skills, components they have that allow them to have a healthier, more positive relationship with their body.

Research has been able to identify 10 different characteristics of positive body image.

Let's explore them! Read them carefully and then, let's reflect.

**Body
Appreciation:**

Appreciating the health, features and functions of the body

**Body
Acceptance:**

Feels comfortable in the body even if not happy with it, chooses not to focus on the perceived flaws

**Inner Positivity
Influencing
outer Demeanor**

Feels confident and proud of themselves inwardly

**Broadly
Conceptualizing
Beauty**

Perceives a diversity of weights, shapes, and appearances as beautiful believes that beauty comes from within

Media Literacy

Aware of media's impact on how they view body and rejects and challenges those messages and images

**Unconditional
Acceptance
From Others**

Perceived acceptance from others, feeling valued for authentic qualities that are not based on appearance

**Finding Others
with a Positive
Body Image**

Surrounding themselves with people who have or are striving to have a healthy relationship with their body

**Listening to and
Taking Care of
the Body**

Regularly taking care of their body in a compassionate and respectful way

**Spirituality/
Religion**

Which of the ten principles do you feel you are strong in? how?

Which of the ten principles do you feel would be an important part to grow in?

Pick an area you would like to strengthen and let's focus on how we can do that? What would help to strengthen this?

**Take it one step further and
bring this to your dietitian
and/or therapist!**

