

JOURNAL #9

Have you found new ways to deal with life's challenges? If so, what?

How are those messages applicable to you as an adult?

What are your criteria for deciding if you are fat or thin? How much is enough? Do you decide by scales, etc.?

If you are too fat, what are you too fat for?

What do you consider to be a good body image? Is this something you or someone else decided?

List the things from the neck down that you dislike about your body image.

From the neck down, what do you love about your body image?

From the neck up, what do you dislike about your body image?

From the neck up, what do you like about your body image?
