

Body Image & Self-Compassion

Reducing appearance-based self-judgment and broadening identity beyond body evaluation.

Body image is more than appearance

Body image includes thoughts, feelings, attention, checking, avoidance, comparison, and beliefs about what appearance means about worth or belonging.

Helpful shifts

- Reduce repetitive mirror checking, comparison, or body-focused social media when those behaviors worsen distress.
- Use neutral language about the body rather than forced positivity.
- Notice what your body allows you to experience and do.
- Expand identity into relationships, values, skills, humor, service, creativity, and character.

When specialized care matters

Restrictive eating, bingeing, purging, compulsive exercise, significant weight change, fainting, or medical instability deserve specialized eating-disorder and medical assessment.

Try this reflection

What would change if your body were one part of your identity rather than the primary measure of your worth?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.