





Name:  
Signature:

## Session One, Exercise #2: Self-Affirmation Form

Please stand in front of a mirror and look at yourself and write down all your positive qualities. Please list at least 10. This includes physical, emotional, intellectual, and social qualities. For instance, you may like the shape of your arms, the strength of your legs, your long dark hair, the sound of your laugh, or the fact that you are a good friend. Please make sure to include at least some physical attributes on your list.



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## Session Two, Exercise #3: Verbal Challenge Form

Please provide at least 5 examples from your real life concerning pressures to be thin that you have encountered and then come up with verbal challenges, like we did in the role-plays.

Here are some examples of thin-ideal statements:

1. A boyfriend might say that he thinks the ideal dress size is a 2.
2. Your mom might comment on how another mom has really let herself go because she gained some weight.
3. A friend could say that she wished she looked like a particular supermodel when looking over a fashion magazine.

How could you respond to these comments to indicate that you do not agree with the thin-ideal and think these sorts of comments are unhealthy?

Please come up with at least five examples from your life. These examples probably won't be how you actually responded to the pressure. Instead, they should be how you might respond *now* based on what you know about the thin-ideal.

1) *Situation:*

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*Verbal Response:*

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2) *Situation:*

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*Verbal Response:*

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3) *Situation:*

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*Verbal Response:*

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4) *Situation:*

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*Verbal Response:*

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5) *Situation:*

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*Verbal Response:*

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## Session Two, Exercise #4: Top-10 List Form

Please generate a top-10 list of things girls/women can do to resist the thin-ideal. What can you avoid, say, do, or learn to battle this beauty ideal? Please write your top-10 list down and bring it to the next group.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

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## **Session Three, Exercise #5: Behavioral Exercise Form**

We would like to challenge each of you to do something that you currently do not do because of body image concerns to increase your confidence. For example, wearing shorts to school, going to the pool in a swimsuit, exercising in public. Please do this at least once in the next week. We would like each of you to do two behavioral challenges and then let us know during the next session how it turned out. Please take a moment to think of something you would like to do but haven't done yet. You may wish to write your behavioral goal down on this page to remind yourself of it.

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## **Session Three, Exercise #6: Body Activism Form**

The second exercise from last session asked you to list 10 things that girls/women could do to resist the thin-ideal – what you can avoid, say, do, or learn to combat this social pressure. This might be referred to as “body activism.”

Please choose two behaviors from your list to do during the next week. You may want to write your body activism goal on this sheet to remind yourself of it.

## Session Four Handout: Fat Talk List

We've spent a lot of time discussing obvious pressures to be thin that we encounter on a regular basis from the media, friends, and family members. However, the thin-ideal is also perpetuated by our everyday conversations.

Below is a list of common things we often say or might hear others say.

1. How does each of these statements keep the thin-ideal going?
  2. What can you do differently?
  3. How do you think changing the way you talk about your body might impact how you feel about your body and how others respond to you?
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- 1) I'm so fat.
  - 2) I need to lose ten pounds.
  - 3) Do I look fat in this?
  - 4) You think you're fat? Look at me!
  - 5) Gee, you look great. Have you lost weight?
  - 6) I can't eat that - it will make me fat.
  - 7) I'm way too fat to be eating this.
  - 8) I'm too fat to get into a bathing suit.
  - 9) She's too fat to be wearing those pants.
  - 10) She's a little bit too heavy to be dating that guy.
  - 11) You're so thin, how do you do it?
  - 12) Can you believe how much she's let herself go?
  - 13) I've really been doing well on this diet, you should try it...
  - 14) You'd be so pretty if you lost weight.
  - 15) Wow, look at the big butt on that girl!

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## **Session Four Exit Exercise (Exercise #7): Self-Affirmation Exercise Form**

Part of challenging body-related concerns involves talking about our bodies in a positive, rather than negative, way. We discussed some examples of this in the group, for instance, making a pledge to end complaints about your body or accepting compliments rather than objecting to them. Please choose three ideas that we talked about, or one of your own, to practice over the next week, and let us know how it goes via email.





