

# Digging Deep

with body image



Your guide to explore your story, your strengths  
and begin your body image healing.

# Welcome!



Before we dive in, I want you to know a bit about me, my heart and why i'm so passionate about the work I do. On a professional level, I recieved my Masters in Marriage and Family Therapy. I've been working one on one with women and also in small groups with women virtually all over the worldfor the past 4 years.

What I have come to experience time and time again is women being their hardest critic, putting others before themselves and selling themselves short when it comes to their own self compassion, boundaries, wants and needs. I've been their too. I also made it my works purpose to understand body image, our relationship to ourselves as women, why criticism comes so naturally and what we can do to stop the cycle. Change begins with us. When we can look at our own story, our beliefs and the path that has led us to where we are, we can begin to create our own way.

This is an ongoing discovery and it begins with one simple step. As you do your own work through this guide I encourage you to approach it with two important mindsets. These will be your guiding lights through the entire process and hopefully throughout your life.

## **Curiosity and Self Compassion**

How can we be curious about our thoughts, feelings, emotions, beliefs and the current struggles going on within us? How can we heavily apply self compassion as we ask ourselves these important questions? How would you treat a good friend?

I am excited and hopeful for you as you dive into this.

Always rooting for you!  
*Hanna Kuyper*

# The basics

**Body Image** Our body image is the mental image and perception that we have of our self, our body and who we are.

**Positive Body Image** A positive body image is when we can make peace with our bodies natural size and shape, understand that bodies come in all different shapes and sizes, find worth in things outside of our appearance, make decisions based on our values and get curious about media influence and outside factors.

**Negative Body Image** A negative body image occurs when our worth becomes dependent on our shape and size, we spend more time focusing on our appearance than on our true values, we speak negatively to ourselves, we believe a certain size will result in happiness and we tune out our internal cues and wisdom in order to strive for a certain size or shape.

**Body Neutrality** Having neutral thoughts and feelings about our bodies. Spending less time thinking about our bodies and more time doing the things we love, enjoy and align with our values. Being so busy living our life that we don't have time focus on our body image. We can find appreciation for what our bodies do for us and work towards respecting them.

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*I'm going to let you in on a little secret...*

Working on your body image does not mean that you are expected to 'love' your body/ 'love' yourself. That's often unrealistic. What we will be working on is exploring your story, your beliefs that keep you stuck, the underlying fears and how we can spend less time focused on our bodies and more time living our best life. Our relationships with ourselves is like any other relationship we have in our life, if we want it to be healthy, it takes continuous work. That means getting curious, asking questions, listening to wants and needs and taking steps towards respecting our bodies.



# What are your body image beliefs?

Our body image beliefs are deeply rooted thoughts that may sound like this  
"I would be so much happier if i lost x amount of weight". "Thin equals  
happy". " I can't start doing \_\_\_\_\_ until my body looks like \_\_\_\_\_".

So now it's your turn. What are some of the beliefs you have when it comes  
to your body image?



# What influences your beliefs about your own body?

Our beliefs about our body develop from a multitude of places. Begin to get curious about some of the places you've learned your beliefs. These might be from certain family members, classmates, social media platforms, television shows/commercials, magazines, etc...

Media and social influences

Family and Culture

Past experiences

Miscellaneous

# What are you searching for in the 'perfect' body?

Okay, so maybe you're saying "but i don't even want the 'perfect' body, I just want to lose \_\_\_\_ pounds!" The question still stands, what are you hoping it brings you? Happiness? Comfort? Explore it below.

# How can I meet those needs in a new way?

Our bodies will change over time. If we are trying to find our happiness, comfort or other emotional needs within the way our bodies look, we will always end up disappointed or with only temporary satisfaction. Using the things you wrote down on the previous page, explore how you could get those needs met in a way that isn't dependent on your shape or size.

Example: Let's say happiness was one of the words you put down. Other things that can bring happiness might be: Connecting with other people, having a girls night 1x month, doing more movement that's enjoyable, reading a new book, saying no to some things you haven't been enjoying, asking for help.

# Body Respect

Healing our relationships with our bodies can seem like such a big task. This is where we cue **Body Respect**. We can respect our bodies without having to love or even like our bodies. Body respect can look different for everyone. Examples of how we can respect our bodies are:

Catching negative self talk and replacing it with neutral talk

Listening to and honoring our needs

Getting enough rest

Taking needed medication

Being kind to ourselves

Feeding ourselves, listening to hunger/fullness cues

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*Ways I can respect my body are:*

# Self Compassion as a Super Power

*Self Compassion will be your best friend through this work*

A lot of the time people get self compassion confused with softness, weakness, forced positivity or passiveness. Self compassion is being aware of what's going on and taking the judgment off of it. It's being your own inner ally instead of an enemy. It's allowing yourself to struggle and walking alongside yourself through the struggle instead of beating yourself up. It's saying "wow, this must be really hard for you, what do you need?" instead of "Wow you screw up!" The more we can practice self compassion the more growth and work we can do.



## Tips, tricks and resources

### Social Media Cleanse:

Unfollow accounts that don't make you feel good about yourself. Begin to follow a diverse population on social media where you see multiple body sizes, shapes, colors, backgrounds, etc...

### Books:

Body kindness by Rebecca Scritchfield

LandWhale by Jes Baker

Intuitive Eating and Intuitive Eating Workbook by Elyse Resch and Evelyn Tribole

Health At Every Size by Linda Bacon

### Podcast :

Body Kindness Podcast

Heart Space Podcast

Food Psych Podcast

### Gratitude:

Keep a daily gratitude journal. Every morning before you start your day, write out 3 things you're grateful for. Be specific. This could be in regards to anything going on in your life.