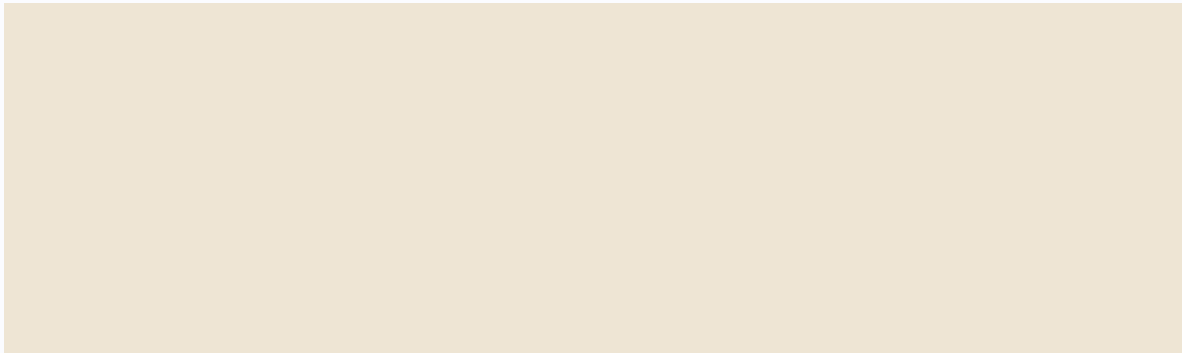


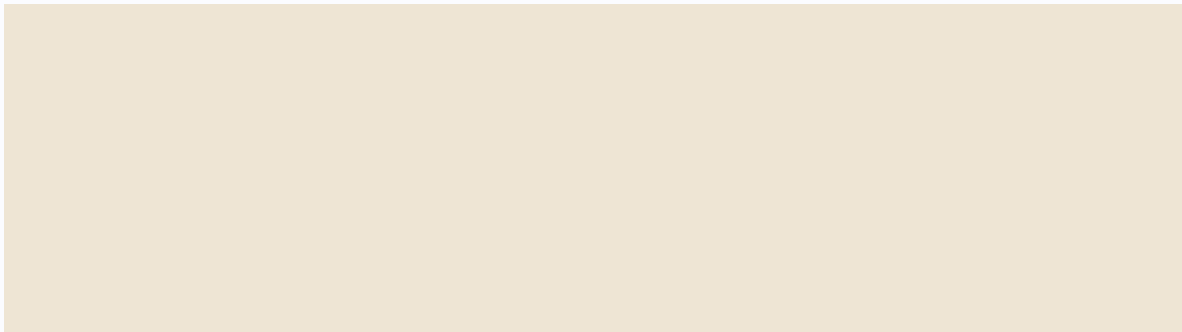
Reflect on Your Food and Body Beliefs

This is a great writing exercise to really think about your beliefs as far as the food you eat and how you view your body.

WHAT ARE YOUR FEARED FOODS? WHAT FOODS DO YOU ACTIVELY TRY TO AVOID?



WHAT ARE SOME NEGATIVE THOUGHTS THAT YOU HAVE AS FAR AS BODY IMAGE? HOW OFTEN DO YOU THINK ABOUT THIS?



WHAT ARE SOME THOUGHTS THAT YOU HAVE ABOUT HEALTH AND THE RELATION TO HEALTH? WHY DO YOU THINK YOU HAVE THESE THOUGHTS?

