



# Your Daily Practice

## Episode 27

### ACT for Body Image Flexibility with Dr. Diana Hill

If you don't feel positive about your body image, it's not your fault. You have a brain designed to seek out flaws, a learning history that may have punished or praised certain body features, and a culture built around unrealistic body expectations. Body image flexibility is a newer psychological term that describes your ability to be present with and accept uncomfortable feelings and thoughts about your body, while creating a life that matters to you.

### Practices to try this week

**1. Explore your bio-psycho-social context.** Draw some concentric circles on a blank sheet of paper. See the next page as an example. Fill in the factors that contribute to your experience of your body.

- How did your learning history impact your body image? What were you reinforced for? What were you shamed about? What was modeled to you?
- What have you learned from culture about your body image? What is idealized in your culture?
- What behaviors do you engage in to hide, control, fix, or attach to a certain body image?

**2. Defuse unhelpful body image thoughts.** When you notice an unhelpful body image thought. Don't try and fight it, rationalize it or believe it to be true. Instead say, "I am noticing I am having negative body image thoughts. It's understandable I would have these thoughts based on my learning history and context. They are just thoughts."

**3. Take a compassionate perspective.** See yourself as not just a body but a human with a heart. You are not alone in having negative thoughts about your body. How can you show up courageously right now to then moment you are in?



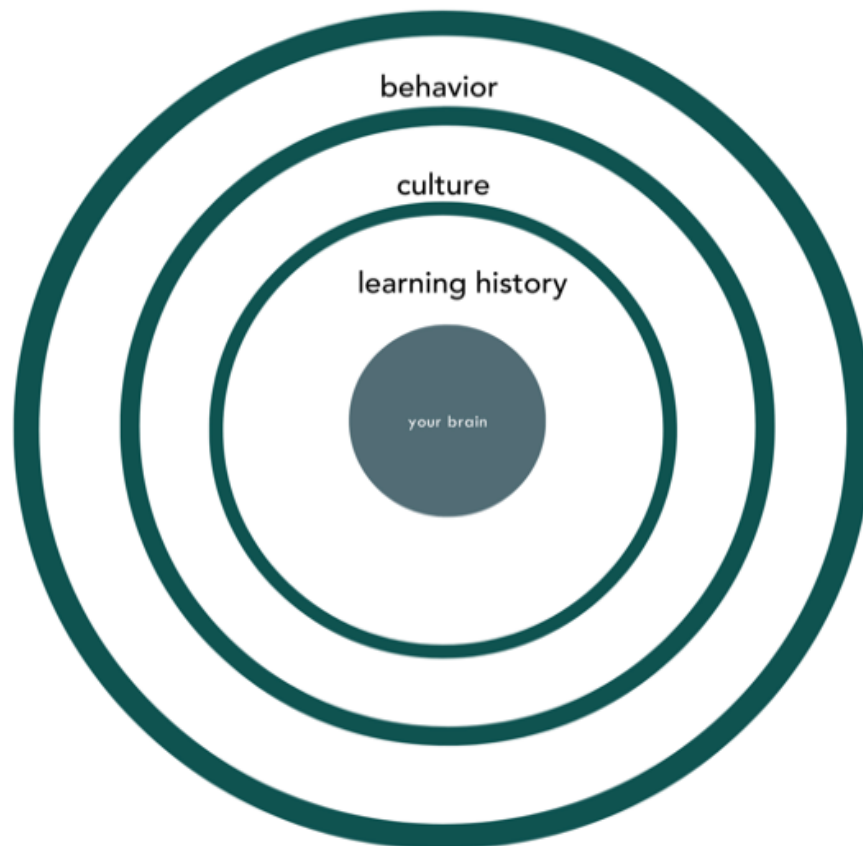
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MY BODY IMAGE STORY



Diana Hill PhD