

BODY IMAGE CONTINUUM

This continuum shows different behaviours and attitudes about body image. Most healthy people are in the “Body Acceptance” category, meaning good self-compassion and health. It's normal to move between categories and have traits from different ones based on your relationship with your body.



BODY OWNERSHIP

I feel good about my body.

I appreciate what my body allows me to do.

I don't weigh or measure myself.

I don't worry about changing my weight or body shape.

My feelings about my body are not influenced by societal concepts.

I know that my family love me for who I am, not for how I look.



BODY ACCEPTANCE

I base my body image equally on societal norms and my own self-concept.

I pay attention to my body and appearance because it is important to me - but it only occupies a small part of my day.

My self-esteem is based on my personality traits, achievements and relationships - not just my body image.



BODY OBSESSED / PREOCCUPIED

I weight and measure myself often.

I spend a significant amount of time viewing my body in the mirror.

I often compare my body to others.

I accept societies ideal body shape and size, as the best body shape and size.

I have many days where I think I'd be more attractive if I was thinner, leaner, muscular etc.



DISTORTED BODY IMAGE

I spend a significant amount of time exercising and dieting to change my body.

My body shape and size keeps me from spending time with others.

I have considered changing, or have changed, my body shape and size through surgical measures.

I wish I could change the way I look in the mirror



BODY HATE / DISSATISFACTION

I often feel separated and distant from my body - as if it belongs to someone else.

I hate my body and I often isolate myself from others.

I don't see anything positive or neutral about my body shape or size.

I don't believe others when they tell me I look okay.

I hate the way I look in the mirror.