A LINE I CAN USE

You can set a limit on body comments when it feels safe. You can also seek help rather than handle it alone.

A comment I want less of:

Words I could use to set a limit:

Someone who could back me up:

“I do not want comments about my body.”

CARE COUNTS ON HARD DAYS.

You can have mixed feelings about your body and still deserve nourishment, rest, comfort, and appropriate medical care.

“Thoughts about my body or food are taking up a lot of space. I want some support.”

Talk with a clinician if body worries change how you eat, exercise, socialize, or care for yourself.

Someone I could reach out to:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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YOUR BODY ISN’T A PROJECT

You deserve care.
You do not have to earn it.



RESPECT WITHOUT A BEFORE-AND-AFTER.

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Mile or a Millimeter

01 / NOTICE WHAT IS HAPPENING

WHEN THE COMPARISON HITS

Think about a moment that stirred up body criticism. Skip any prompt you do not want to record.

What I saw or heard:

What I started telling myself:

What a fairer response could be:

“I am having a hard body-image moment. I still deserve care.”

02 / WHAT I NEED

WHO I AM BEYOND A LOOK



Appearance is one part of how people see us. It cannot show our whole lives, values, relationships, or interests.

Something that matters to me:

A quality I value in people:

A part of my life I want more room for:

No weight, size, or ability earns your worth.

03 / ONE REALISTIC NEXT STEP

ONE ACT OF BODY RESPECT

Choose a small care step.
This is not a plan to change your size or force yourself to feel positive.

- ☐ Choose comfort over a body check.
- ☐ Mute content that fuels comparison.
- ☐ Ask for support with a food worry.
- ☐ Make time for rest or connection.

My care step, including when:

Someone who can support me:

I can practice respect without feeling confident every minute.