Reframing body thoughts

How you think about our body is one of the things which makes up your overall **body image**. If you'd like to work towards having a more positive body image, exploring opportunities for reframing some of your body thoughts is something you can get started with straight away.

Original	Reframed
I don't fit into any of my clothes. I need to lose weight so I can fit back into them.	The clothes I have at the moment don't fit my current body. I can source clothes which feel more comfortable.
Wearing clothes that are too small will motivate me to lose weight.	Wearing clothes which aren't comfortable makes it harder to feel neutral or positive towards my body.
I'm too heavy for that.	That isn't strong enough to support my body.
I'm too fat to fit in that.	That's too narrow to fit my body.
When I lose weight, I'll feel better about myself.	Changing my body might not change how I feel about myself. There are things I can do now to feel better about myself, regardless of what happens with my weight.
If I'm not thin, people won't find me attractive.	Different people are attracted to people with different bodies. Do I want to be with someone who only likes me if my body looks a certain way?
Losing weight will improve my back pain.	People in smaller bodies experience back pain too. What options are suggested to them?