

Mental Health Break



Body Image Series

[**Video 2: How can I have a positive body image if I don't have a perfect body?**](#)

Accompanying resource:

Thought Challenge Log



Thought Challenge Log

Write down any thoughts that trigger your body image struggles. Then rephrase each thought to make it more accurate and less judgmental.

Triggering Thought	Rephrased Thought
<i>"My face is horrendously fat and ugly!"</i>	<i>"I don't like how full and rounded my face is, but I have attractive eyes and a good complexion."</i>
<i>"I'm never going to find a partner due to how I look."</i>	<i>"I've received positive feedback on my appearance, and there's a lot more to me than just my looks."</i>