

# Mental Health Break



**Castleberry & Associates**  
Counseling and Testing Services, LLC

## 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**



*Created by Erica Castleberry, PhD, and Christopher Guider, LMHC.  
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## 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>