My reflection on self-confidence

What words would I use to describe my body?

How do I feel about these words? Do I like them? Do they hurt me?

Do my friends and family see my imperfections the same way I do?

What do my friends and family appreciate about me?

Why do my friends and family like to spend time with me?

What would my friends and family tell me when I am giving critical comments to myself?

Social Media

When I look at social media, what do I see?

Do the influencers I see on social media look similar to people that I know?

Do I see authentic pictures or do I see photo shopped pictures?

Do I believe people look like those pictures?

Do I compare myself with those pictures?

How do I feel about comparing myself with those pictures?

What do I believe influences my critical self-comments?

☐ Instagram	☐ People I know
☐ TV Shows	☐ TikTok
☐ Fashion Magazine	☐ Other (Please Specify)

What could I do to be less exposed to contexts that influence my critical self-comments?

For example, unfollow an account that only promotes one beauty standard....

Me and my happiness

What makes me feel happy?

Does my appearance play an important role in the way I experience my happiness?

Does my appearance influence my relationships with my friends and family?

If I was on a desert island where I can contact my family and friends but they cannot see me, I would

☐ Exercise	☐ Dress up
☐ Do my make-up	☐ Diet
☐ Do my manicure	☐ Other (please specify)

If my friends and family could see me, I would

☐ Exercise	☐ Dress up
☐ Do my make-up	☐ Diet
☐ Do my manicure	☐ Other (please specify)

My own reflection

Next time you think of yourself with hurtful comments, you can try to reflect on them and ask yourself things like:

- Would I say these things to my friend/mum/sibling?
- Does the way I look interfere with my happiness?
- Does what I don't like about myself define me as a person?
- Is what I see in the media reality?

Remember, our bodies are not who we are, but what we have!

Can you think of a plan to use next time you have negative self-thoughts?

I will talk to myself the same way I would with my mum.......