



A series of 30 horizontal lines for writing.

## Session One, Exercise #2: Mirror Exercise Form

Please stand in front of a mirror and look at yourself and write down all your positive qualities. Please list at least 10. This includes physical, emotional, intellectual, and social qualities. For instance, you may like the shape of your arms, the strength of your legs, your long dark hair, the sound of your laugh, or the fact that you are a good friend. Please make sure to include at least some physical attributes on your list.



### **Session One, Home Exercise #3: Appearance-Ideal Perpetuation Behavior Checklist**

This checklist is designed to increase awareness of behaviors that serve to perpetuate the appearance-ideal in our culture. Please circle “yes” for the behaviors you have engaged in over the last few years.

Purchased a fashion or beauty magazine	yes
Subscribed to a fashion or beauty magazine	yes
Gone to a fashion show with a runway and live models	yes
Watched a TV show focused on the thin-ideal (America’s Top Models)	yes
Complimented someone because they lost weight	yes
Made a negative comment about someone’s appearance	yes
Made a negative comment about someone’s weight	yes
Made a critical comment about the weight of an actor, musician, or model	yes
Instantly judged someone negatively because of their weight or appearance	yes
Made a negative comment about my own weight or appearance that was contrived	yes
Asked someone if they have lost weight	yes
Encouraged someone to try a weight-loss diet	yes
Given a sibling a hard time about his/her weight	yes
Decided not to talk with or befriend someone because they were overweight	yes
Purchased products that promote the appearance-ideal in their ads	yes
Dined at an establishment that promotes the appearance-ideal (e.g., Hooters)	yes
Covered up parts of my body that I was embarrassed about	yes
Weighed myself multiple times a day	yes
Considered or got plastic surgery (e.g., a nose job, a boob job, or liposuction)	yes

**Session Two, Home Exercise #4:  
Rewind Response Letter**

Please write a letter to someone in your life who pressured you to conform to the appearance-ideal, such as a parent, sibling, dating partner, or friend. Please tell them how this affected you and indicate how you would respond now, in light of what you have learned in these groups. If no one has pressured you to conform to this ideal, please make up an example or use an example you have heard from others in the group or a friend. Use any of the information you have learned in these sessions, and any additional ways you may think of on your own.

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## **Session Two, Exercise #5: Top-10 List Form**

Please generate a top-10 list of things girls/women can do to resist the appearance-ideal. What can you avoid, say, do, or learn to battle this beauty ideal? Please write your top-10 list down and bring it to the next group.

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2)

3)

4)

5)

6)

7)

8)

9)

10)

## **Session Three, Exercise #6: Behavioral Challenge Form**

We would like to challenge each of you to do two things that you currently do not do because of body image concerns to increase your confidence. For example, wearing shorts to school, going to the pool in a swimsuit, exercising in public. We would like each of you to do two behavioral challenges next week (or the same one twice) and then let us know how it turned out during the next session. Please take a moment to think of something you would like to do but haven't done yet. Please write your behavioral goal down on this page to remind yourself of it.



## **Session Three, Exercise #7: Body Activism Form**

The second exercise from last session asked you to list 10 things that girls/women could do to resist the appearance-ideal – what you can avoid, say, do, or learn to combat this social pressure. This might be referred to as “body activism.”

Please choose two behaviors from your list to do during the next week. You may want to write your body activism goal on this sheet to remind yourself of it.



Blank lined paper for writing.

## Session Four, Exercise #9: Group Body Activism

We would like you, as a group, to do one additional form of “body activism.” As a reminder, “body activism” is something you could avoid, say, do, or learn to resist the appearance-ideal. This could consist of writing a letter that you all sign and sending it to a magazine or company that promotes the appearance-ideal. You decide what you want to do and check in with one another about it by email or text messages. Please list some ideas you may have below, and then one person can email us about what you did as a group.



### Group members:

Name:

Name:

Name:

Name:

Name:

Name:

Name:

Name:

Name:

Name:





## **Session Six, Exit Exercise #11: Self-Affirmation Exercise Form**

Part of challenging body-related concerns involves talking about our bodies in a positive, rather than negative, way. We discussed some examples of this in the group, for instance, making a pledge to end complaints about your body or accepting compliments rather than objecting to them. Please choose three ideas that we talked about, or one of your own, to practice over the next week, and let us know how it goes via email.