



BANISH

Your **BODY IMAGE** Thief

A Cognitive Behavioural Therapy Workbook on
Building Positive Body Image for Young People

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Now have a go at another activity that can help you to understand some more about your body image. In the next Body Image Box, try showing how you think and feel about your body and how you act as a result through one of the following creative methods:

- Draw a picture.
- Write a song or rap.
- Write a poem.
- Write a short story or play.
- Write a blog.
- Take a photo or series of photos.
- Draw or write down ideas for a short film.
- Draw or write down ideas for a dance piece.

To inspire you, you'll find a poem called 'A Perfect World Full of Perfect Girls' written by Joanne, aged 13 years, a rap called 'Some Kind of Dystmorphia' written by Dave, aged 16 years, and some pictures created by other young people on the pages that follow.

BODY IMAGE BOX

Let's get creative

A PERFECT WORLD FULL OF PERFECT GIRLS

The world is full of perfect girls
Thin, slim, beautiful and tall
Each and every one of them
Seems to have it all

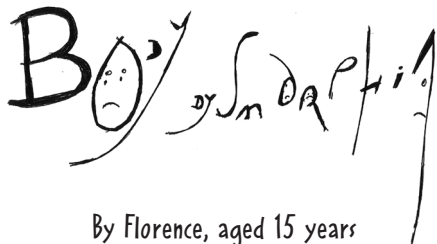
The world is full of perfect bodies
Thin, slim, beautiful and lean
Each and every one of them
Seems to be a queen

The world is full of perfect girls
With their perfect lives
Whilst I live in my body pit
Struggling to survive

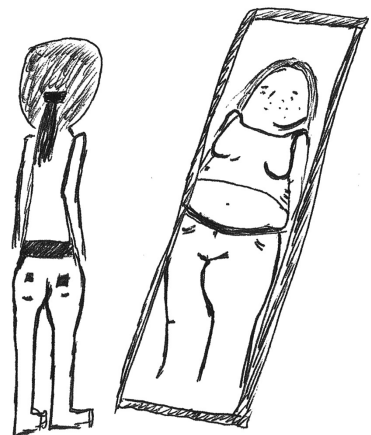
The world is full of perfect girls
Did I mention that they are tall, beautiful and slim?
And on their arms are their perfect boyfriends
Whilst I live alone in my body grim

Where is my perfect world?
Surely it should also be mine to gain
All I ask for is for my body to be perfect
So that I no longer have to live in such pain

By Joanne, aged 13 years



By Florence, aged 15 years



By Neela, aged 14 years

SOME KIND OF DYSMORPHIA

Oh yeh, muscle dysmorphia
That's what the shrink tells me it is

She tells me I'm obsessed
With wanting my pecs and arms to look their best

But all I want is to look like a man
Like Van Diesel and Jean-Claude Van Damme

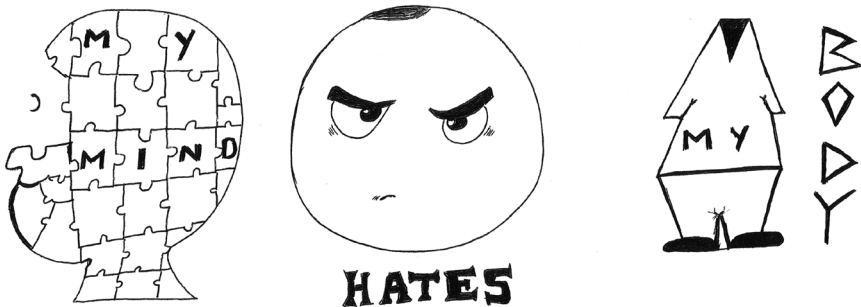
What's so wrong with that?
It's better than being the current me which is fat

I lift weights for hours every night
But she tells me that's not right

She talks about the dangers of steroids
And how they're not good for teenage boys

But what she doesn't understand
Is that I need to feel like a proper man

By Dave, aged 16 years



By Luke, aged 11 years

And here's a final method for helping you to become more aware of your body image...

The Body Image Diary.

Completing this diary on occasions will help you to become more aware of how you think and feel about your body and what behaviours and impacts this leads to.

MY BODY IMAGE DIARY

Date

The situation

.....

What was I thinking?

.....
.....

How was I feeling?

.....
.....

How did I behave?

.....
.....

What were the impacts?

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