



Negative Body Image



Recovery Kit

Anorexia Nervosa

Binge Eating Disorder

Bulimia Nervosa

Negative Body Image

*Guidelines For Talking
About Your Eating Disorder*

The Dangers of Dieting

*Treatment For An Eating
Disorder*

*What Causes An Eating
Disorder*



What Is Negative Body Image?

Negative body image or body dissatisfaction is a common experience for many people. Body image problems are not found only among individuals with eating disorders. People can experience negative body image no matter what they weigh.

What Is Body Image?

Body image is your perception about how you look. It is your thoughts, feelings, and behaviors about how you think you look. Negative body image comes from a negative attitude about your appearance. It is not ABOUT APPEARANCE. It is related to generally feeling inadequate and bad about yourself.

Physical Symptoms Of Bulimia Nervosa

Negative body image causes a lot of emotional distress.

- » Preoccupation with appearance takes a lot of time and energy. Spending time worrying about how you look and hating your body takes away from time you can spend with loved ones, or enjoying favorite activities.
- » Often, people attribute other things that have gone wrong or have not worked out in life to their appearance or weight “I am so ugly and fat, I will never get accepted to college.” Or “No one talks to me because I am not as skinny as they are.”
- » When stressed, rather than think about what is stressful or uncomfortable thoughts, it is common to become preoccupied with their appearance. It may feel safer than looking at the “real” issues.