

## **Challenge Yourself to Have a Positive Relationship with Your Body**

How much of your mental energy is spent on body image? Is your self-esteem affected by the extent to which you maintain control over your diet and weight? To help you become more aware of these destructive thoughts, we invite you to take a week and challenge yourself each day with the following.

**Monday** - We challenge you to refuse to diet or engage in any dieting behavior. Studies have shown that weight-loss dieting only serves to promote diet/weight preoccupation and eating disorders.

**Tuesday** - The challenge today is to refuse to engage in conversations pertaining to weight, diet or body image. Steer conversation away from these issues if they arise. (Notice how much time you usually spend on these issues).

**Wednesday** - Before leaving the program today, pick up the Eating Disorder brochures and make it a point to discuss the contents of both with at least one other person.

**Thursday** - Allow yourself two 15-minute periods for relaxation today. By allowing your body to relax, you become more connected to this part of yourself.

**Friday** - At the start of every hour, think of something positive about your body and challenge any negative feelings. You are a very valuable person exactly as you are.

**Saturday** - Examine your attitudes toward fatness and fat people. Try to eliminate your own fattism and reject the fattism you observe. Refrain from making judgments about others body size.

**Sunday** - Approach but don't control! Approach someone that you feel may be suffering from an eating disorder. Let this person know you are concerned and be direct but don't try and control their eating behavior. The best you can do for this person is to let them know you care and that you are there to offer support.