

4 ASPECTS OF BODY IMAGE

Our body image is made up of 4 aspects, these can be both positive and negative and are influenced by individual and environmental factors.

SEE

How you **SEE** your body is your perceptual body image. This is not always a correct representation of how you actually look.



THINK

The way you **THINK** about your body is your cognitive body image. This can lead to preoccupation with body shape and weight.



DO

Behaviours you **DO** as a result of your body image encompass your behavioural body image. When a person is dissatisfied with the way they look, they may isolate themselves because they feel bad about their appearance or employ destructive behaviours as a means to change appearance.

FEEL

The way you **FEEL** about your body is your affective body image. This relates to the amount of satisfaction or dissatisfaction you feel about your shape, weight and individual body parts.

A positive body image is important because it helps you to accept, appreciate, and respect your body. A positive body image can positively impact your self-esteem self-acceptance and help you live a balanced life by having a healthy outlook and engaging in healthy behaviours.

Content adapted from The Butterfly Foundation



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