

# BEFORE & AFTER *worksheet*

What are you trying to accomplish beyond changing your physical shape?

Are you trying to earn acceptance? Seeking attention from others?

Planning to start a new life phase such as a career change or dating?

Is there some part of you that is grieving this current version of yourself with the hindsight that a former or younger version of your body was somehow better?

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Who really benefits from your efforts to change the way you look?

A diet program? A food or fitness tracking app? A personal trainer? A surgeon?

Your friend from high school who is selling skinny wraps, protein pills, or detox teas?

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## *Checklist*

TO STOP THE BEFORE/AFTER THINKING:

What to do:

- Unfollow accounts on social media that promote appearance-based body transformations
- Start following accounts with diverse body types, including some that look like yours
- Delete photos (of yourself or others) that display your "goal" body
- Delete old photos of yourself that display a former version of your body that you "regret"
- Avoid getting or keeping clothes that don't fit with the idea that you will wear these "someday"
- Get clothing that fits well for the body you are in right now

What to say:

- It's not "before" or "after," it's "during"
- Bodies are meant to change, and they will continue to do so as long as we are alive
- Respecting my current body is healthier than restricting it
- This body is on a journey, and it will take various form to fulfill different tasks throughout life

