Ten Resolutions to Improve Body Image

1. Twice a day, every day, I will ask myself: What do I really gain from preoccupation with what I believe are defects in my weight and shape?

2. I will think of three reasons why my assumption that thinner people are happier and "better" is ridiculous. I will repeat these to myself whenever I feel the urge to compare my body shape with that of another person.

3. I will spend less and less time in front of mirrors of any type. All they do is make me feel uncomfortably self-conscious as they magnify each body part I focus on into a bigger and bigger flaw.

4. I will exercise for the joy of feeling my body move and function effectively, not to purge fat from my body or compensate for calories eaten.

5. I will not avoid activities I enjoy, even if they call attention to my weight and shape. I will constantly remind myself that I deserve to do things I enjoy (e.g., dancing, swimming, sunbathing) no matter what my shape!

6. I will refuse to wear clothes that are uncomfortable or that I dislike, simply because they divert attention from my weight or shape.

7. On my own, or with the help of loved ones, I will list 5-10 good qualities I have, such as empathy, intelligence, or creativity. I will repeat these to myself whenever I veer toward telling myself "I'm a failure because I'm too fat."

8. I will practice taking people in general, and women in particular, seriously for what they say, feel, and do, not for how slender, or "well put-together" they appear.

9. I will develop activities and relationships that enrich my self-concept, thereby making it less likely that my self-esteem will revolve around feelings about my appearance.

10. I will give my body "what it really needs, including moderate exercise, healthful foods, sensual pleasures, and relaxation, and then my body will respond by treating me better."

If you would like to consider Personal Counseling please contact:

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Rachel Bennett, LMSW (313) 993-1170

If you would like to make an appointment with the Health Clinic please contact:

Olga Parfenov, FNP-BC (313) 993-1185

In case of Emergency contact:
UDM Public Safety (313) 993-1123 or 911
or
Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202