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National Eating Disorders Association

NEDA



1. Twice a day, everyday, I WILL ask myself: Am I benefiting from focusing on what I believe are flaws in my body weight or shape?
 2. I WILL think of three reasons why it is ridiculous for me to believe that thinner people are happier or better. I will repeat these reasons to myself whenever I feel the urge to compare my body shape to someone else's.
 3. I WILL spend less and less time in front of mirrors especially when they are making me feel uncomfortable and self-conscious about my body.
 4. I WILL exercise for the joy of feeling my body move and grow stronger. I will not exercise simply to lose weight, purge fat from my body, or to make-up for calories I have eaten.
 5. I WILL participate in activities that 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, like dancing, swimming, etc., no matter what my shape or size is!
 6. I WILL refuse to wear clothes that are uncomfortable or that I do not like but wear simply because they divert attention from my weight or shape. I will wear clothes that are comfortable and that make me feel at home in my body.
 7. I WILL list 5 to 10 good qualities that I have, such as understanding, intelligence, or creativity. I will repeat these to myself whenever I start to feel bad about my body.
 8. I WILL practice taking people seriously for what they say, feel, and do. Not for how slender, or well put together they appear.
 9. I WILL surround myself with people and things that make me feel good about myself and my abilities. When I am around people and things that support me and make me feel good, I will be less likely to base my self-esteem on the way my body looks.
 10. I WILL treat my body with respect and kindness. I will feed it, keep it active, and listen to its needs. I will remember that my body is the vehicle that will carry me to my dreams!
- I WILL choose to take care of myself and my body!