



## Journal prompts for body image

What words or emotions come up when you think about your appearance and how your body feels?

What has changed in your body since your diagnosis? List the changes, both big and small. Which ones feel the hardest to accept?

If your body could speak, what would it say to you? Imagine your body writing you a letter—what would it want you to know?

What unrealistic beauty standards or past beliefs about body image are you holding onto? How have these shaped your perception of yourself? Are they serving you, or is it time to let some of them go?

Think of a time when your body helped you experience joy or strength. Describe that moment. How does this memory shift your perspective on what your body is capable of?

What would you say to a close friend who was struggling with body image after breast cancer?  
Now, write that same message of kindness to yourself.

How can you show your body more love and care this week? List three small actions you can take to nurture yourself—physically, emotionally, or mentally.

Write a thank-you letter to your body.  
Acknowledge what it has carried you through and the ways it still supports you every day.

What parts of your body do you appreciate for what they do, rather than how they look?  
For example, your hands for holding loved ones, your legs for carrying you, your heart for keeping you alive.

How do you want to feel in your body moving forward? Instead of focusing on appearance, describe how you want to experience your body—comfortable, strong, at peace? What steps can help you get there?