

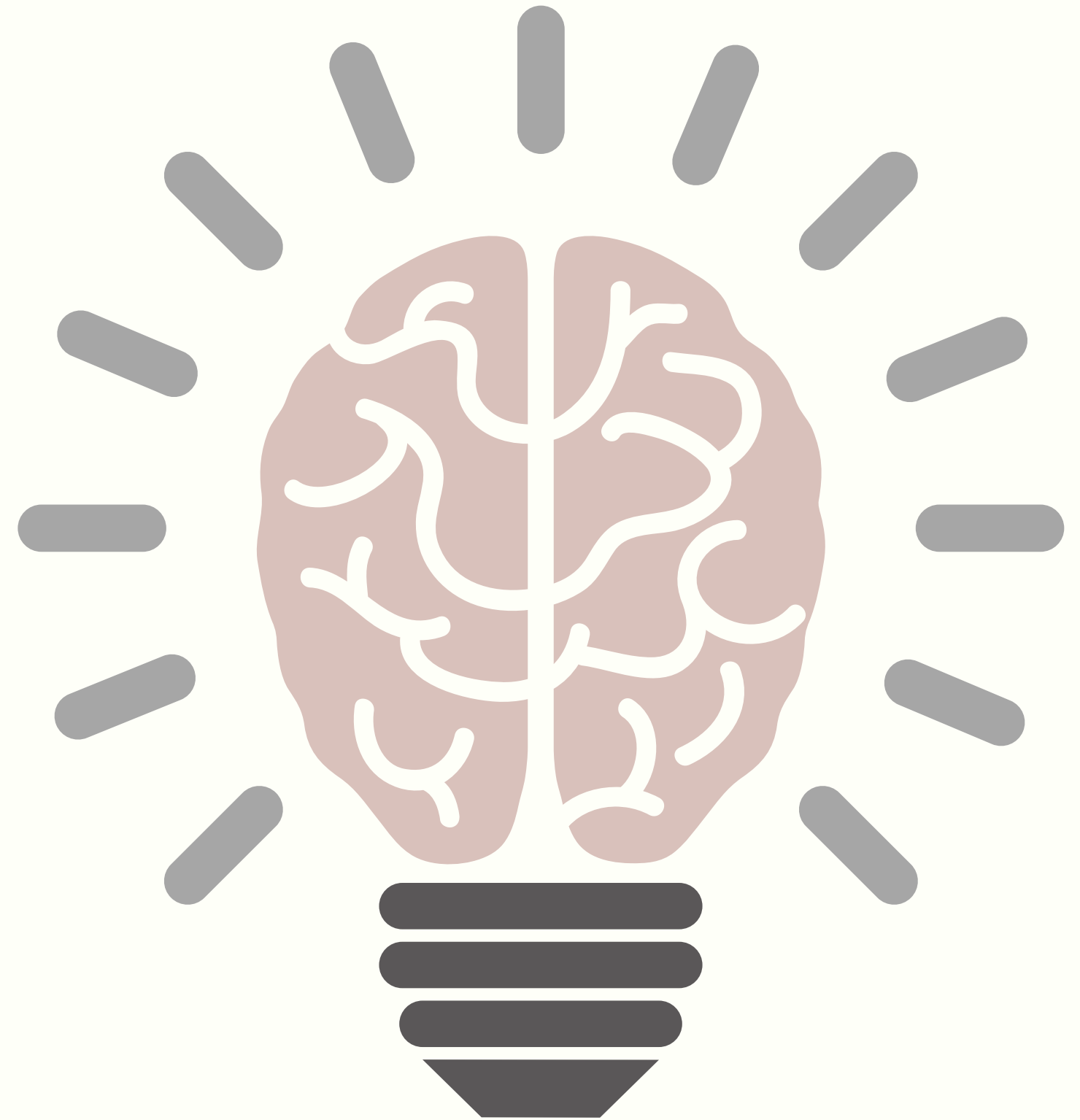
# CHALLENGING CORE BODY IMAGE BELIEFS

MaKai Nutrition LLC

# WHAT DO YOU BELIEVE ABOUT WEIGHT?

How does the idea of weight gain/not losing weight make you feel? What has diet culture led you to believe weight gain means about you?

# CAN BELIEF SYSTEMS CHANGE?



# HOW TO CHANGE OLD BELIEFS

**RECOGNIZE THE  
BELIEF**



**IS IT TRUE?**

For you...or for a friend?  
Does it align with your values



**WHAT NEED IS NOT  
BEING MET?**



**REFRAME**

# (OLD) BELIEFS

I am worthless  
I am not good enough  
I am responsible  
I am a failure  
I am helpless

# (OLD) BELIEFS

I am worthless  
I am not good enough  
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# IS IT TRUE?

FOR YOURSELF OR FOR A FRIEND

# (OLD) BELIEFS

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I am not good enough  
I am responsible  
I am a failure  
I am helpless



# IS IT TRUE?

/DOES IT ALIGN WITH MY VALUES

No, my worth is not defined by my body  
No, my worth is not defined by my body  
No, this is out of my control  
No, my worth is not defined by my body  
No, I've tried everything (as much as I'm able)

# (OLD) BELIEFS

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FOR YOURSELF OR FOR A FRIEND

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much as I'm able)

## WHAT NEED IS NOT BEING MET?

EVALUATE VALUES

I haven't felt accomplished  
in life lately

I have not been  
social/appreciated by friends  
recently

I will take up a new hobby  
this week I know I am good  
at/makes me feel good

I will call/facetime/hangout  
with my BFF this weekend



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## REFRAME

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# REFRAME

I am okay as I am.  
I am good enough.  
I can recognize appropriate responsibility  
I did the best I could.  
I can control what I can.

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For you...or for a friend?



**WHAT NEED IS NOT  
BEING MET?**



**REFRAME**

# PRACTICE

## **RECOGNIZE THE BELIEF**

about weight/body  
image

## **IS IT TRUE?**

For you...or for a friend?  
Does it align with your values

## **WHAT NEED IS NOT BEING MET?**

## **REFRAME**

# Action Steps

Post in the Facebook community for accountability



## PRACTICE CORE BELIEF REFRAMING

Write the letter to your body. Take your time. Post it in the facebook group if you want, or post a reflection on how it felt to do it in the facebook group.

*Questions? Thoughts?*