WORKSHEET **Mirror Script**

Fill this in for the mirror, photo or getting-dressed moment that happens to you most.

The moment (where I am, what I see): _____

What the critic says, word for word: _____

Is that a description or a verdict? _____

My chart note (plain, true, no insults): _____

What I'd tell a friend who said that about her body: _____

One thing my body did for me this week: _____

For one photo: who's with me, what were we doing? _____

And what did my body let me do? _____

One item from my "when I" list that I'll do this month anyway: _____

Tick what you try this week:

☐ I said a chart note out loud at the mirror.
☐ I thanked one part of my body for something it did.
☐ I covered myself with my thumb and looked at the rest first.
☐ I stayed in one photo and kept it.
☐ I wore something that fits and feels good today.
☐ I didn't criticize my body in front of a child or a friend.

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