# Write Your Own “Dear Body Image Culture” Letter

*This is a gentle, guided exercise to help you get your thoughts out of your head and onto paper. No pressure, no rules — just honesty. This isn’t about being a great writer. It’s about giving yourself a voice and releasing beliefs that never served you.*

Here’s how to use this worksheet:

- Find a quiet space where you won’t be interrupted for at least 10–15 minutes.

- Read the prompts below and answer them in your own words — raw, real, and unfiltered.

- No one else has to read this. It’s just for you.

## Your Letter to Body Image Culture

* Dear Body Image Culture,

* Here’s what you’ve taught me about what I’m supposed to look like:

* Here’s how those messages made me feel over the years:

* Here’s what I did (or still do) to try to meet your standards:

* Here’s what I’ve realized now:

* Here’s what I’m letting go of:

* Here’s what I’m reclaiming:

* From now on, here’s how I will treat my body and myself:

* Sincerely,

* [Your Name or Initials — or leave it blank if that feels right]