



Medicinal Media

Journaling Prompts



“How social media made me more comfortable in my body”

by **Staci Backauskas** / Art by **Holly Farndell**

**Identify one step you can take right now to feel better about that body part.
Give yourself a timeframe in which to do it.**

**Think about someone you saw on social media wearing an outfit you thought was cute.
How did you feel about how they looked in it?**

Imagine yourself wearing that same outfit. How do you feel about how you look in it?

Write about a time when you were criticized for your body. Where does that voice show up in your life today? (Perhaps it comes up most when you try on clothes, the first time you wear a new outfit, going to a cocktail party, meeting someone for the first time — find and explore your edges here). What are some kind words you can say to yourself when you hear those thoughts?

**If body shape and size were not issues, write about the clothes you'd wear.
How do they make you feel? How would you express yourself through fashion?**

How do you deprive yourself of feeling good in what you wear? This could be color, material, or style and even the self-criticism that accompanies the choice.

**What is one piece of clothing you want to rock, but tell yourself you shouldn't wear?
Explore that story – what do you tell yourself? Who's really saying those things?
What will happen if you wear it?**

