



## When negative body image becomes a problem

The factors that distinguish someone with a normal body image from someone who has a body image problem are linked to the way they think and act. It's important to realize that you don't have a body image problem simply because you dislike certain parts of your body, think that you'd like to lose a few pounds, or you regularly wear make-up or love clothes. Nor do you have a body image problem if you have a significant disfigurement or an unusual appearance.

Negative body image becomes a problem when:

- You think about your appearance at the expense of other activities.
- You avoid social situations, workplaces or relationships because of the way you look.
- You believe you can only feel confident or be happy by changing the way you look.
- You believe that the way you look is preventing you from taking part in certain activities .
- You worry excessively about your appearance.
- You repeatedly check your appearance.
- You consistently use very heavy make-up.
- You refuse to leave the house without make-up on.

The above scenarios or ideas can reinforce the idea that your appearance is abnormal and therefore increase any body image anxiety.

Life doesn't have to be that hard. Counselling can help you work on these issues, teaching you techniques to improve your self-esteem and self-confidence.

There are 3 options to choose from if you decide that you need more than the standard Personal Trainer products of exercise and nutrition guidance.

1. [Counselling](#)- this option has no time-frame, you take as many or as few sessions as you need to work through your thoughts relating to food, eating, body image or any other issues that you have.
2. The ['Tried Every Diet Group Programme'](#) - join a group of like minded people all working on their relationship with food, their attitudes to body image and their self-esteem or join together with a few of your friends and come along together.
3. If you don't want to join a class or cannot attend any of the current times available then there is the option of the ['Tried Every Diet One to One Programme.'](#)