

Mirror Images – Quiz – Watch Your Steps ‘Fit to Read’

1. What did the mother in this article do every morning of her adult life

2. How did the daughter react to her mother’s comments about losing 20 pounds this year _____
3. What promise did the daughter make to herself if she had daughters?

4. How did the daughter (now mother) refer to her body standing naked in the mirror?

5. Did she refer to herself in this way all the time? And did she allow her daughters to hear her talk about herself image negatively _____
6. How is the word “blueprint” used in this article _____
7. What does research show about the effects parents create based on their dissatisfaction with their bodies?
8. Offhand comments about appearance from parents has lasting effects. Name 2 of those effects listed in this article _____
9. What does Psychotherapist Carmen Cool say about positive body image?

10. What are the 5 steps/suggestions listed to help break the cycle of shame

Please take a moment and tell me what you thought about this article.

Thank you and remember your healthy journey should always include **‘Fit to Read’**