

# What Healing Words Can I Say to Someone Who Has been Bullied or Body Shamed?<sup>1</sup>

People who have recovered from being body shamed often point to helpful comments people made to them. This worksheet helps you identify which of three different approaches which might be useful when preparing to talk with someone who has been body shamed. General examples are provided, but the blank space under each approach indicates that the words you choose should be specific to the loved one or patient you are speaking to.

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## 1. How Can the Hurtful Comment be Reframed in a Positive Way to this Person?

Examples:

Hurtful Words

• Fat

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Reframe Hurtful Words to Helpful Words

• Female: Curvy, feminine, healthy, or \_\_\_\_\_

• Male: Solid, stocky, big, or \_\_\_\_\_

• Skinny

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• Female: Graceful, slender, delicate, or \_\_\_\_\_

• Male: Lean, slim, chiseled, or \_\_\_\_\_

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## 2. Which of their Physical Features Influences Other People Positively (or is Envied)?

Examples:

- Your eyes light up a room
- Your voice is so beautiful or comforting to people
- People love how feminine your hands are
- You have such amazing hair
- Your smile brightens people's days
- \_\_\_\_\_

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## 3. What Word Positively Describes Them in a Way They Don't Yet See

Examples:

- Mesmerizing, glowing, classic, striking, exotic, radiant, calming
- \_\_\_\_\_

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<sup>1</sup> Appendix from Wansink, Valerie (2023) "Words that Help Heal Body Shaming and Bullying," *International Journal of Child Health and Human Development*, 16(3), forthcoming.