



Module 4 • Worksheet 3

 This is about changing habits — even small changes in the way we talk make a big difference!

PART A — Does It Make Sense to Talk About Appearance So Much?

🤔 In your opinion, does it make sense to talk about people's appearance as often as we do?

- ☐ Yes, it's natural and normal
- ☐ Sometimes, but we often overdo it
- ☐ No, we talk about appearance way too much
- ☐ I haven't really thought about it before

 Why did you choose that answer?

💬 **What could we talk about INSTEAD of people's appearance?**

List at least 4 topics or things you could say:

- _____
- _____
- _____
- _____

PART B — How to Comment Without Hurting

 **Can you rewrite these common comments in a kinder, more thoughtful way?**

Look at the left column. Write a better alternative in the right column!

✗ Instead of saying:
"You've put on weight lately."

✔ **You could say:**
e.g. Focus on how they feel, not their weight...



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

✗ Instead of saying:

"You look exhausted — you really should take care of yourself."

✓ You could say:

e.g. Ask how they're doing instead...

✗ Instead of saying:

"You'd look so much better if you dressed differently."

✓ You could say:

e.g. If it's unsolicited, maybe don't say it?

✗ Instead of saying:

"You're so lucky, you can eat anything!"

✓ You could say:

e.g. Focus on something other than their body...

PART C — Comments We Can Avoid

🚫 Which types of comments about the body should we try to avoid?

Tick the ones you agree with and add your own at the bottom:

- ☐ Commenting on someone's weight (even positively: "You've lost weight!")
- ☐ Commenting on body parts that can't easily be changed
- ☐ Comparing one person's body with someone else's
- ☐ Making "jokes" about someone's size, shape, or features
- ☐ Using food to comment on appearance ("Are you sure you should eat that?")
- ☐ Giving unsolicited advice about how someone could "improve" their body
- ☐ Commenting on what someone is wearing in a way that judges their body

☐ My own addition: _____

PART D — Talking Kindly to Yourself

💡 When you look in the mirror, what do you usually say to yourself?

Rewrite each negative thought in a kinder, more positive way:

✗ Negative self-talk:

"I hate my [body part]..."

✓ Kinder way to say it:

✗ Negative self-talk:

"I'm too fat / too thin / too..."

✓ Kinder way to say it:



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

✗ Negative self-talk:

"I wish I looked like [person]..."

✓ Kinder way to say it:



Write one positive thing you can honestly say about your own body today:



My body _____



Key Message

We can all choose to speak more kindly — about others AND ourselves. It doesn't mean ignoring how we look; it means treating bodies with the respect and care they deserve!



Try the “THNK test” before speaking: Is it True? Helpful? Necessary? Kind? If not all four — maybe think twice! 💚



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.