

KIND

V E R S U S

UNKIND

WHAT IT REALLY LOOKS LIKE WHEN LOSING WEIGHT

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that."

-MLK Jr.

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UNKIND

Asking questions of
"Why can't I...?"

Hating our body for
what we don't like
about it.

Not doing what we
said we would do,
because it doesn't
impact anyone else.

Shaming self-talk

Numbing ourselves
with food, resisting
unwanted feelings.

Forcing

Going "hardcore" to
get to your goal

Self-criticism

Judgement

Wondering about
your worth

KIND

Asking questions of
"How can I..."

Loving our body by
recognizing how
amazing it is and all it
does for us.

Committing to
ourselves as much as
we would to others.

Neutral or
empowering self-talk

Allowing the feelings
to be there and
honor them.

Choosing

Taking baby steps
that will be
sustainable for the
long term

Neutral honesty

Curiosity

Knowing you are
already and always
have been worthy