

Worksheet: Telling Your Personal Story About Body Confidence

One of the most effective ways to advocate for a policy or systems change is to share real stories that illustrate the problem we are looking to solve. Real people who have a personal connection to body confidence are critically important to convince decision-makers, the media, and the general public that change is needed. This includes people who have lived experience with an eating disorder, weight discrimination, and muscle-building or weight-loss supplement usage; their friends and family, health care providers, researchers, parents, young people who have been targeted by the diet industry and more. Lawmakers and the media do not want you to recite the facts to them, they want to connect with the issue on a human level. They want to feel something.

This short worksheet can help you write a brief account of your personal story. We know how hard it can be to take a real-life experience and attempt to boil it down to a few short paragraphs! We hope this makes the process a bit easier for you.

We are honored that you are sharing your personal story with us and will treat it with care.

(1) What do you want those who hear your story to think about or understand about body confidence?

(2) How do you want listeners to feel when they hear your story about body confidence?

(3) How might your story convince a decision-maker that our advocacy goal is important?

(4) Tell us your story, trying to incorporate your answers to questions 1-3. Please limit your story to 3 paragraphs. We recommend not sharing specific details around weight numbers and calorie intake. Please reference this [resource from the Canadian National Initiative for Eating Disorders](#) for more specific recommendations regarding sharing personal experience with body image.