



# Reflections: Body Image After a Breast Cancer Diagnosis

## Living Beyond Breast Cancer

LBBC connects people with trusted breast cancer information and a community of support. Check out [LBBC.ORG](http://LBBC.ORG) for our resources on body image, which include:

- | **Body Image: Tips and Truths** (video)
- | **Improving Your BodyTude: Resources and Personal Stories** (video, blogs, and Insta content)

- | **Ask-the-Expert: Body Image**  
(popular topic Q&As with an expert)

## 10 Truths About Myself

We all have beliefs about ourselves and our bodies. Attraction is not just about our appearance on the outside. Below, write 10 things you know are true and good about yourself, no matter how you look on the outside (for example, "I am creative," "My eyes light up when I smile," "I am a good friend"). When you begin to become self-critical, take this list out and read it out loud. You can also take this list with you when you meet with a mental health provider to talk about how changes to your body make you feel.

1. _____	6. _____
_____	_____
2. _____	7. _____
_____	_____
3. _____	8. _____
_____	_____
4. _____	9. _____
_____	_____
5. _____	10. _____
_____	_____

Advisory support from Sage Bolte, PhD, LCSW, CST

Get connected with other young women and receive information about the latest YWI programs through our **closed Facebook group, LBBC Young Women's Initiative.**

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