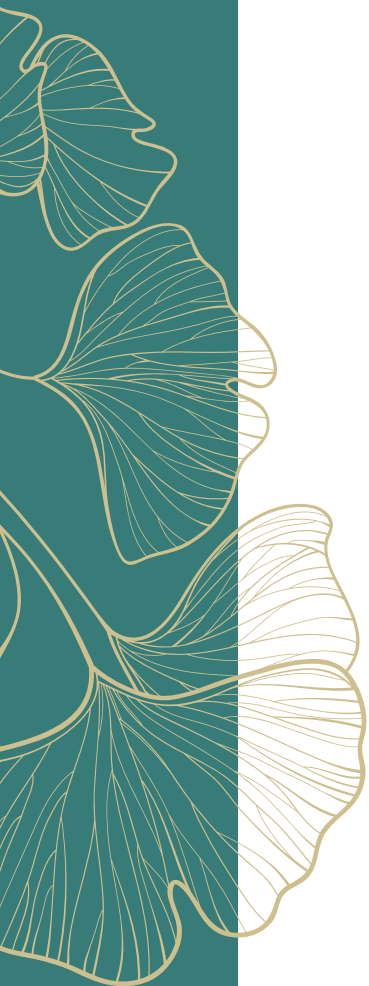


Free Guide

Redefining Body Image

www.celiacklark.online





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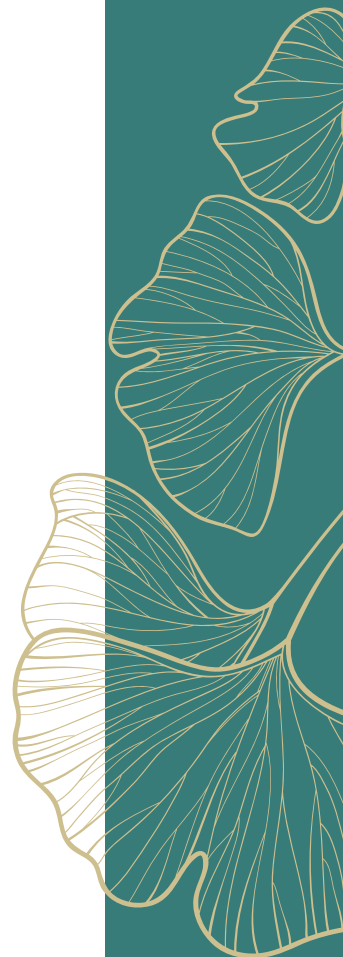


Welcome

In case we haven't met yet, I'm Celia Clark and I work at the intersection of food, body and business. With 15 years as a therapist, including a decade specialising in eating disorders, I'm here to help you heal your relationship with food so you can finally align with your highest potential and elevate your impact in both life and business.

Through parts work and embodied leadership, I'll guide you to transform your inner world, so food no longer holds you back. There is nothing more fulfilling to me than witnessing a woman heal and step into her light, so she can have a bigger impact on those she seeks to lead and serve.

Celia ♥



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Why Do I Hate My Body?



Shape and Weight as a Measure of Worth

It is not uncommon to feel negative about our bodies as our culture encourages, praises and values appearance and presentation above all else. We are often encouraged to treat our body as something to present to the world rather than somewhere we live in and from.

We are surrounded by messaging that reinforces the belief that body shape and weight is a measure of worth. This belief is one of the key factors that maintain our negative view of our body and our difficult relationship with food.

For those of us who have a healthy and relaxed relationship with food and our body, we pay little attention to our shape and weight. Any feelings we may have about our shape and weight has little connection to how we feel about ourselves.

For those of us who engage in compulsive or controlled eating we pay much more attention to shape and weight. How we feel about ourselves is directly linked to how we feel about our shape and weight. The more negative our thoughts, beliefs and feelings are about our shape and weight, the worse we feel about ourselves.

The focus on body image doesn't help either. It encourages us to move outside our body and look back at ourselves from a place of judgement. It also strengthens the belief that body shape and weight is a measure of worth.

The more negative our judgement, the worse we feel about ourselves and the more this drives our Eating Parts to protect us from the discomfort of our body distress.

What is Body Image?



Our body image is informed by how our Parts see, feel and think about our body. When we have Parts hyper focused on the body in an attempt to manage experience, what they see, think and feel about our body can vary greatly in its accuracy.

They can create stories of what is 'true' regardless of other evidence. These stories and the intense focus on these stories reinforce a negative relationship with our body and result in a deepening of our negative body image.

How We See Our Body

How we 'see' our body can change depending on which Part(s) is dominating. The mood and expectations of the Part have significant influence. For example:

- If we have a Part who is feeling low and it has expectations that the meal or snack we just ate is going to change our body shape, we are highly likely to see this change even when there is no difference.
- If we have a Part who is feeling resentful and it has expectations that a particular part of our body isn't as small/ big/ strong/ toned/ curved as others we are likely to see this difference as if it's everywhere, even though our bodies come in a vast range of shapes and sizes.

How We Feel About Our Body

How we feel about our body is also dependant on which Part(s) is dominating. How Parts of us feel, inform what they believe to be true about themselves and the body.



Let's look at some examples:

- As a Part of us feels greedy, it believes it and the body is greedy
- As a Part of us feels bad, it believes it and the body is bad
- As a Part of us feels disgusting, it believes it and the body is disgusting
- As a Part of us feels like a failure, it believes it and the body is a failure

When blended with these dominant Parts what they feel dictates what they believe to be true about themselves and the body.

Body Distress

Body distress is a term used to describe the intense discomfort in and with our body that can quite suddenly overwhelm us. It is common in those of us who have challenges with food and our body.

Through a parts lens we view this discomfort as a Part who does not have the words or means to voice 'I'm not okay', and uses body sensations to communicate its distress.

How We Think About Our Body

How we think about our body is also dependant on which Part(s) is dominating. We have an inherent need to belong and Parts can be greatly influenced by how friends, family members or work colleagues talk about body shape and weight or how the media portrays people's bodies.

These narratives drive Parts to intensify behaviours in order to belong. e.g. if body shaming has been common place in our family, we are likely to have a least one Part who is determined to avoid body shaming at all costs.



How we think about our body is also influenced by how others have treated us. If we have experienced bullying, discrimination or oppression because of what our body represents, through our gender, skin colour, ethnicity, sexuality, body size or ability, this shapes what our Parts believe to be true about our body.

The following are examples of common thoughts Parts of us may have about our body:

- My body isn't good enough
- I can only be happy if I can change my body
- My body needs to be controlled
- No-one will love me if I don't change my body
- My body is worthless
- If my body changes, others will abandon/reject me
- My body is an object
- It isn't safe to be in my body
- I can't trust my body

When our Parts dominate what they see, feel and think about our body influences:

- Our relationship with our body
- Our identity and sense of self
- How we show up in the world
- How we behave towards our body.

These are all aspects of our body story. This story begins before birth and up to now has been informed by the Parts in our system who dominate.

The Cost of Body Shame



There is a lot of money to be made when we feel body shame (feeling unworthy in our bodies). It makes sense from a capitalist perspective, that the body ideal often promoted in many cultures (e.g. white, thin, able bodied, cisgender, heterosexual) is narrow.

The narrower it is, the more of us there will be who feel unhappy in our body, and the more money we will spend on trying to change our body.

The belief that shape and weight is a measure of worth reinforces the message that by controlling or changing our bodies, we can somehow become more worthy.

Cosmetic surgery, bleaching our skin, gastric bands, eyebrow tattoos, facial peels are just some examples of how we are encouraged to change our bodies to feel more worthy.

Unfortunately, for many of us, trying to change our body in these

ways, brings only temporary relief from our perceived unworthiness. It's usually not long until feelings of unworthiness surface again.

It has become the norm for so many of us to dislike and feel ashamed of our body. The more unhappy we are in our body and the more unworthy we feel, the more time we spend trying to stay out of our body, reinforcing the disconnection with our body.

Body shame keeps us in our heads and it deprives our body of the compassion, support, care, empathy, non-judgement and connection that it desperately needs to thrive.

We abandon our body over and over again by rejecting, dismissing and ignoring these basic needs, yet we expect our body to take responsibility for 'getting it right' and then blame our body when it fails us.

We are essentially gaslighting our own bodies to significant cost.

The Value of my Body



How the culture and communities that we live in, view and interpret our body is an important consideration. Many of our Parts view our own and others bodies through the Ladder of Hierarchy (Taylor, 2021)*.

The Ladder of Hierarchy

Those whose bodies are at the top of the ladder are seen as more valuable, as being more worthy e.g. white bodies, male bodies, heterosexual bodies, thin bodies, able bodied bodies and cisgender bodies.

As we move down the ladder we move towards black bodies, female bodies, gay bodies, fat bodies, bodies with ability difference and transgender bodies.

Where we are on the ladder changes depending on the context:

- If we are black, transgender and heterosexual, our culture and community may place our skin colour (black), gender (transgender) and sexuality (heterosexual) at differing places on the ladder.
- If we are white, fat and female our culture and community may place our skin colour (white), body size (large) and gender (female) at differing places on the ladder.

This outdated, prejudiced and oppressive system that many cultures engage in, has a huge impact on the value we (and others) place on our body and our understanding of difference.

*The Body is Not an Apology, Sonya Renee Taylor.



When our Parts measure the value of our body, based on specific aspects of body difference, we create division not only between each other (e.g. your body is more valuable or worthy than mine) but within ourselves (e.g. I can only be worthy if I learn to control or change my body).

Our worth and our value are not dependent on our body yet this is the message we are surrounded by in western culture.

Many of our Parts are impacted by this message. Our Critical Part is particularly impacted and often internalises the body prejudice and oppression experienced in our families, communities or culture, re-enacting this inside our body (e.g. your body is unworthy, your body is unlovable).

As a result, so many of us feel our bodies are unacceptable and we carry the shame and trauma of living in our bodies, apologising for them by trying to change them.

Your Body Story

Exploring your own Body Story is a key part of healing your relationship with food and your body. When we are surrounded by messages that promote such a narrow definition of body acceptance, redefining this for ourselves is priority.

I invite you to take the time you need to explore the following questions for reflection:

The Cost of Body Shame



Questions for Reflection

1. How does a focus on body image influence how your Parts see, feel and think about your body?
2. What beliefs do your Parts have about your body?
3. What informs these beliefs?
4. How does this influence how your Parts behave towards/ treat your body?
5. Who profits from the beliefs your Parts have about your body?
6. What are your earliest memories of your body?
7. When did your Parts lose connection with/ trust in your body? (What was it like before?)
8. What beliefs do your culture, community and family hold about the value of your body?
9. How does this influence how your Parts see, think and feel about your body, shape and weight?
10. Do you recognise the Ladder of Hierarchy?
11. Where on the ladder is your body?
12. How does this influence how your Parts see, think and feel about your body, shape and weight?
13. Where do your Parts place other people bodies on the Ladder of Hierarchy?
14. How does this influence how your Parts see, think and feel about your body shape and weight?
15. If there was no Ladder of Hierarchy, how might this change things for your Parts and what they see, think and feel?
16. What are the barriers to accepting/ trusting in your body as it is now?
17. How does your Higher Self see, feel and think about your body?

Next Steps



Congratulations on Taking This Step

You've just taken an important step toward redefining your relationship with your body and I want you to know, I'm so proud of you! The fact that you're here, exploring where your body image struggles come from, understanding the cost of body shame and reclaiming the true value of your body *is* the work.

Most people try to fix how they look, hoping it will change how they feel. But you're doing something different. You're shifting your perspective, questioning the old stories, and opening yourself up to a new way of relating to yourself. That's what creates real freedom.

And That Freedom Extends Far Beyond Your Body

Struggles with food and body image don't exist in isolation. They shape how you show up in your life, draining your energy, consuming your thoughts and keeping you stuck in patterns of control, guilt, or rebellion.

But that stops here.

Now that you've started challenging the old narratives, the next step is breaking free from the cycle that keeps you turning to food for comfort, control, or relief, so that your time, energy, and confidence are no longer dictated by what's on your plate or how you feel about your body.

This is exactly what I'll guide you through in my FREE masterclass. In just 60 minutes, you'll learn how to move beyond managing binge or emotional eating and start dissolving its power altogether.

Next Steps



In this masterclass you'll discover:

- The **missing piece** that keeps even the most self aware women stuck in the binge or emotional eating cycle and how to finally break free.
- Why **traditional approaches** like willpower, intuitive eating, and mindset work often fall short, and the deeper solution that actually works.
- The **proven 3 step process** to move from food driven coping to embodied, aligned leadership, so that food no longer drains your time, energy or confidence.

You've Already Started. Now Let's Keep Going.

Your healing is happening. Every moment of awareness, every act of self compassion, every shift toward a new way of being, it all matters. And I'd love to support you in taking this work further.

[Access Your Free 60 Minute Masterclass Here](#)

Your freedom is waiting. Let's do this together.

Celia ♥



Let's stay in touch!



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