


IN HIS IMAGE

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Our Goal

Our goal is to build understanding in the following areas:

- Strengthen discernment to filter the distorted messages from life and society, countering them with the truth of the Word
- Educate about common eating disorders
- Discuss ways to build Christ-centered self-worth and identity in ourselves and others

Theme Chapter

Psalm 139

v. 14 *I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

v. 17-18 *How precious also are thy thoughts unto me, O God: How great is the sum of them! If I should count them, they are more in number than the sand:...*

v. 23-24 *Search me, O God, and know my heart: Try me, and know my thoughts: And see if there be any wicked way in me, And lead me in the way everlasting.*

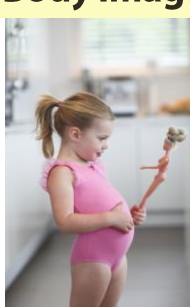
A Very Good Creation

Genesis 1:26-27

"And God said, Let us make man in our image, after our likeness...So God created man in his own image, in the image of God created he him; male and female created he them."

- Our identity needs to be based on the truth: we have the image of God in us AND we have sinful flesh which we must submit to Christ.
- So, rather than forming an identity based on others' opinions or on an ever-changing social standard, remember you are one of God's children, created in Him and for Him.
- Your identity in Christ, based on God's love and grace, is steady, faithful, and constant.

Defining Body Image



What is "Body Image?"

- Refers to your ***perception of, beliefs about, and attitudes toward*** your physical body.
- Body image (how you view your body) and reality (how your body really is) may be two very different things.

How Does Body Image Develop?

- Listening to cultural messages (magazine covers, fashion trends, mass media) – these change over time!
- Observing and learning attitudes about weight, food, & dieting from family members.
- Comparing our bodies with others who, *we think*, look better and worse than us.
- Developing a way to try to gain acceptance from others and to control fears about being rejected.

How Does Body Image Develop?

- Multiple factors (even church culture!) can come together to create problems with body image, weight, and eating.
- Individuals can develop similar symptoms or problems even though the factors which led to these problems are very different.
- ***Where did you learn what makes a girl beautiful?***

Dove Evolution Video

Are you comparing yourself to reality?



Why It's A Real Battle

Images we see

- Media
- Shopping
- School

•Words we hear

- Peers
- Family
- Media

It's important to renew your mind with the Truth; don't let media and advertising brainwash you!

There are many voices on the internet- some of which encourage disordered eating!

Romans 12:2 *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*

Warning Signs: Body Issues

- Digesting magazines that feature thin models and a narrow, skin-deep view of beauty.
- Viewing other people's bodies with a critical eye.
- Constantly comparing your body to others.
- Focusing on so-called "body flaws" when you look in the mirror.
- Not liking the body you have; wishing you had a different one.

Body Image Lies

- Being a certain size or a change in some body part will make me happy.
- Hating my body won't hurt me.
- What I believe about my body only affects my body.
- I'm not "normal."



Hersh, S. (2001). *Mom, I Feel Fat*. Colorado Springs: WaterBrook.

Real Beauty Sketches

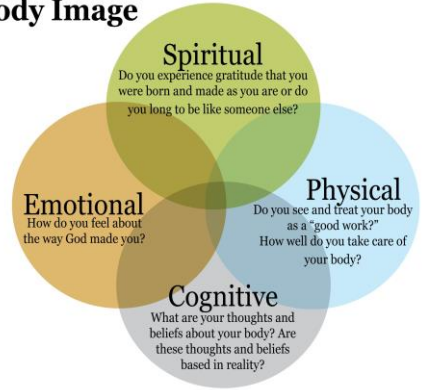
What keeps you from thinking you're beautiful?

Are there different types of beauty?

What type(s) are assigned the most value and worth?



4-D Body Image



Adams, E. (2004). Body Image Treatment : A Biblical Framework. The Remuda Review, 3, 45.

What messages are you sending to those around you?

Through the way you talk about your appearance, weight, etc., are you making your friends and family question or feel insecure about the way they look?

- **1 Corinthians 8:8-9** "But meat commendeth us not to God: for neither, if we eat, are we the better; neither, if we eat not, are we the worse. But take heed lest by any means this liberty of yours become a stumblingblock to them that are weak."

Or are you encouraging them to live in freedom?

- **Colossians 4:6** "Let your speech be alway with grace, seasoned with salt..."

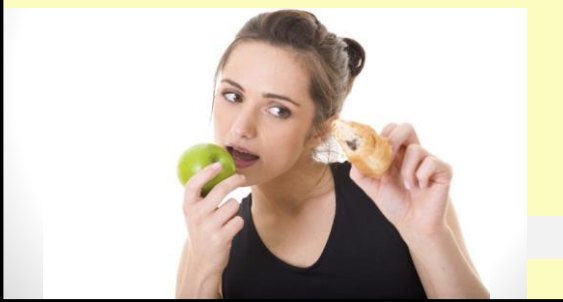
What Is Beautiful?

Psalm 90:17 "And let the beauty of the LORD our God be upon us: and establish thou the work of our hands upon us; yea, the work of our hands establish thou it."

Isaiah 52:7 "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!"

Psalm 29:2 "Give unto the LORD the glory due unto his name; worship the LORD in the beauty of holiness."

What is Disordered Eating?



Anorexia Nervosa

- Restriction of energy intake, leading to significantly low body weight in the context of age, sex, developmental trajectory, and physical health.
- Intense fear of gaining weight or of becoming fat, or persistent behavior that interferes with weight gain.
- Disturbance in the way in which one's body weight or shape is experienced, lack of recognition of seriousness of low body weight.
- **Types:**
 1. **Restricting type** (weight loss is primarily accomplished through dieting, fasting or excessive exercise)
 2. **Binge-eating/ Purging type** (self-induced vomiting or misuse of laxatives...)

Criteria taken from the DSM-5

Bulimia Nervosa

- Recurrent episodes of binge eating, which is characterized by:
 - Eating, in a defined period of time, an amount of food that is larger than what most individuals would eat in a similar setting.
 - Sense of lack of control over eating during the episode.
- Recurrent inappropriate compensatory behaviors in order to prevent weight gain (self-induced vomiting, misuse of laxatives, diuretics, excessive exercise, fasting).
- Occurs, on average, at least once a week for 3 months.
- Self-evaluation is influenced by body shape and weight.

Criteria taken from the DSM-5

Binge-Eating Disorder

- Recurrent episodes of binge eating, which is characterized by:
 - Eating, in a defined period of time, an amount of food that is larger than what most individuals would eat in a similar setting.
 - Sense of lack of control over eating during the episode.
- Episodes are associated with three (or more) of the following:
 - Eating much more rapidly than normal.
 - Eating until uncomfortably full.
 - Eating large amounts of food when not feeling physically hungry.
 - Eating alone because of feeling embarrassed by how much one is eating.
 - Feeling disgusted, depressed or guilty afterwards
- Marked distress regarding binge eating is present.
- Occurs, on average, at least once a week for 3 months.

Criteria taken from the DSM-5

Eating Disorders

- There is a growing prevalence in males (approximately 1 in 10 individuals struggling with an ED is male).
- Eating disorders have the highest death rate of any mental illness.
- There are many variations and driving causes of disordered eating:
 - Orthorexia Nervosa (obsession with righteous eating)
 - Food Addiction
 - Body Dysmorphic Disorder
- While only a small percentage of women will develop a full-blown eating disorder, *almost all women are struggling with the risk factors.*

www.anad.org

Emotional Eating

1. It occurs when food is used for reasons other than to nourish the body.
2. It may happen occasionally or recurrently.
3. It can be used to soothe, comfort, punish, or hurt.
4. It may be seen as a way to relieve pain or to inflict pain.
5. It may be used to gain control, acceptance, or love.
6. It often expresses something that is difficult to put into words.
7. It may be triggered by loneliness, boredom, depression, fatigue, fear, anger, disappointment and many other situations and feelings.

Moving Forward



Ask Yourself: What Kind Of Hunger Am I Experiencing?

Physical Hunger

- Physiological craving for nourishment.
- Open to food options.
- Occurs gradually.
- Eating until you are full/satisfied.
- Less likely to leave you with feelings of guilt.

Hunger That Is Displaced From Emotional, Relational, and/or Spiritual Needs:

- A mix of needs, desires, and feelings.
- Often comes with cravings for specific food(s).
- Often comes on suddenly.
- Eating without awareness of your body's physical cues.
- More likely to leave you with feelings of guilt.

Where Do We Find Fulfillment?

Physical hunger	⇒	Food
Emotional hunger	⇒	Emotional expression
Relational hunger	⇒	Healthy relationships
Spiritual hunger	⇒	Connecting with God

Keeping Peace with Food



- Food is not the enemy!
- Eating is not a moral issue.
 - Don't label foods as "bad" or "good" or say things like, "I was bad yesterday so I have to be extra good this weekend."
- "Fat" is not a feeling...replace it with the appropriate emotion.
- What you ate (or did not eat) and whether you exercised (or did not exercise) does **not** determine your self-worth.

What's Your Motivation?

- **Comparison?**
 - **2 Corinthians 10:12** "...but they measuring themselves by themselves, and comparing themselves among themselves, are not wise."
- **Self-Hatred?**
 - "Any movement toward self-improvement must be propelled not by disgust and self-rejection, but by a realistic acceptance of who we already are and a desire to be the best possible version of that reality."
 - Marcia Germaine Hutchinson in Love the Body You Have

Hersh, S. (2001). *Mom, I Feel Fat*. Colorado Springs: WaterBrook.

Steps Toward Forming Your Identity: Faith In Scriptural Truths

- Your self-image, esteem and value are not based on "self" but rather on God.
 - His image in you and your place in His family define you.
- Christ is the human example of the image we were created in.
- To become fully who we were created to be, we must emulate Christ.

Mintle, Linda. (2002). *Breaking Free from a Negative Self-Image*. Lake Mary, FL: Charisma House.

Believing You Have Intrinsic Worth And Value

Galatians 2:20

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."

Romans 8:15-17

"For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together."

1 John 4:19

"We love him, because he first loved us."

Don't Confuse Your Feelings With God's Love

- Your *true value*, based on God's love and grace, is steady, faithful, and constant.
- Unfortunately, many people gauge both their self-worth and their peace with God by their feelings.
- It is based on a *state of relationship*, not simply a feeling.
- **Isaiah 32:17** "And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever."
- **Colossians 1:20** "And, having made peace through the blood of his cross, by him to reconcile all things unto himself"

Finding the Correct Standard

- **Flawed thinking:** Setting standards for body image and eating based on shape, youth, fads, culture, and the media.
- **Correct thinking:** Setting standards for body image and eating based on health, your genetic makeup, and Scripture.

Because this isn't just about you...



Helping Your Daughter Develop a Healthy Body Image

- Ask her what her definitions of inward and outward beauty are and help her explore more ways to define beauty.
 - Remind her beauty can be defined in many ways—not just body shape.
- Strengths are more important than physical appearance.
 - Focus on and praise good character, intelligence, and abilities, effort given, and other strengths rather than looks.

Helping Your Daughter Develop a Healthy Body Image

- Learn together about the importance of fitness and good nutrition.
 - Reinforce any person can be healthy, regardless of size.
 - Find a way to exercise which your daughter enjoys and encourage her in it or do it as a family.
- Lead by example.
 - Do you say negative comments about your body when you look in the mirror?
 - Do you put yourself down?
 - Remember your child absorbs these attitudes. If you want your child to accept himself or herself, you will need to learn to accept yourself, too.

Helping Your Daughter Develop a Healthy Body Image

- Encourage a healthy view of food.
 - Foods are not good and bad. Also, don't use food as a reward or punishment.
 - Encourage your daughter to recognize her bodily signals and to honor her body's need for food when she is feeling hungry.
- Nurture a healthy environment that rewards positive attitudes toward one's body and self.
- Be aware of how much media your daughter is consuming.
 - Unhealthy eating is promoted in the media using models who clearly don't eat a steady diet of what they are advertising!

Recommended Resources For Disordered Eating

- Fairburn, C. (2013). *Overcoming Binge Eating*.
- Franklin, R. (2004). *Who Calls Me Beautiful*.
- Newman D. (2002). *Loving Your Body*.
- Rhodes, C. (2003). *Life Inside the "Thin" Cage*.
- www.findingbalance.com (a faith based health and wellness organization with an emphasis on eating and body image issues)

Recommended Resources for Family

- Siegel, Brisman and Weinschel (2009). *Surviving An Eating Disorder*.
- Hersh, S. (2001). *Mom, I Feel Fat*. Co. Springs: Shaw Books.

Recommended Resources for Issues related to Self-Worth/ Identity

- Backus, W. (1994). *Learning to Tell Myself the Truth*.
- McGee, R. (2003). *The Search for Significance*.
- <http://www.accounseling.org/>
 - Truth Talk

Questions?