



SHAME AND BODY IMAGE

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Dissatisfaction with body image is an incredibly common struggle. It is no wonder that discontent, distress, and shame are so frequently present with the views we hold of our physical bodies, as our image of our flesh was tainted from the moment sin entered the world. “Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves” (Genesis 3:7).

One of the very first experiences of separation from God was the feeling of shame and humiliation with the physical body, rather than comfort and confidence; a feeling that lives on just as strongly today. We live in a culture surrounded by the pressures of unattainable ideals and overwhelming beauty standards which infiltrate the measures we place on ourselves and the value we believe we hold. Eating disorders develop for a number of reasons, but are certainly encouraged on by the shame we hold within and the pressure we feel from outside.

When we expand our understanding of our worth and identity beyond physicality, we are able to broaden our sense of self and work toward finding acceptance and peace with our bodies.