Open to women struggling with self-esteem as related to body image and comparing self to others. Using experiential activities, this group will explore cultural, familial, and social factors that contribute to poor body image.

You yourself, as much as anybody in the entire universe, deserve your love & affection.

*Buddha*

- How much time do you spend thinking about your body and appearance?
- Do you ever find yourself comparing your looks to others around you and in the media?
- Do you often try dieting or exercise strategies to lose weight?

In this group members will have a chance to explore their feelings about themselves and their bodies in a supportive environment. We will work to explore the way you think about yourself and to feel more confident with who you are.

This group requires an initial assessment at CAPS. The therapist will help you schedule a brief screening interview to see that the group will adequately address your reasons for coming to the group. Use the [group interest form](https://caps.unc.edu) with questions or to express interest about this group to the facilitators.

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