

# change your narrative



<https://youtu.be/OH0rBxjNUO4>

## What Is An Image Matter?

The Oxford dictionary defines self image as, “The idea one has of one’s abilities, appearance, and personality.”<sup>1</sup>

But is appearance is tied to ability and personality?

In a media saturated world—I believe many of us are struggling with an image matter—which I would define as an unhealthy view that one’s own worth, value, and identity is first defined by physical appearance.

But what if you are more?

Studies have shown that image matters are rampant. Many individuals who struggle wrestle with confidence, self-esteem, or negative self-talk. Some individuals pair negative thoughts with harmful behaviors. When those behaviors become habit—this might be defined as an eating disorder.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

**ChangeYourNarrative.org**

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## **What Is An Image Matter?** (Continued)

This does not mean all individuals who struggle with an image matter have an eating disorder. But if you are one of the 30 million people of all ages and genders who suffer from an eating disorder in the U.S.<sup>2</sup>, I want you to know you are not alone.

No matter the severity of your behaviors or thought patters, I want you to know my team and I are rooting for you.

The thoughts in your head and heart may be sourced from a legitimately sourced desire, yet allowing an image matter to hold the pen of your story is not your final fate.

I believe you have what it takes to shift the incomplete story of an image matter towards truth and discover an identity which goes beyond image.

We welcome you to journey with us.

1. <https://www.lexico.com/en/definition/self-image>
2. Hudson, J. I., Hiripi, E., Pope, H. G., & Kessler, R. C. (2007). The prevalence and correlates of eating disorders in the national comorbidity survey replication. *Biological Psychiatry*, 61(3), 348–358.

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