



I'm too sexy for my shirt

(to take it off that is): Queer body image

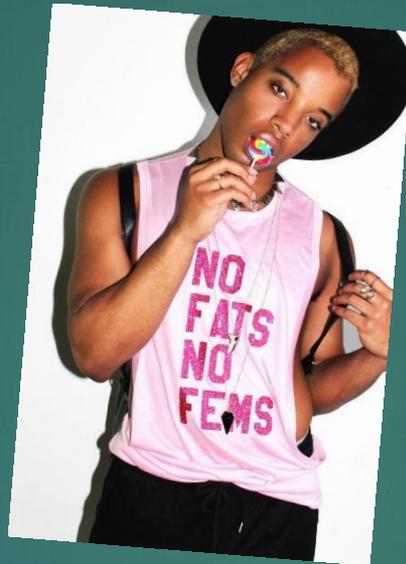
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COUNSELING AND PSYCHOLOGICAL SERVICES

Me and My philosophy

- ▶ Identities
- ▶ Presentation style

Queer Body Image



Rather not say

Thin

Overweight

Average build

Fit

Jacked

A little extra

Curvy

Full figured

Used up



How do Body Image Issues Show up?

- ▶ Fetishizing fat people
- ▶ Clothes don't come off till lights are out
- ▶ Won't miss a day at the gym
- ▶ Restricting calories or fat grams
- ▶ Binge/purge cycle
- ▶ Difficulty touching/hugging fat people
- ▶ Posting gym selfies on Instagram
- ▶ Criticism of others' bodies

How Prevalent are Body Image Issues?

- ▶ Have you:
 - ▶ Checked yourself out in the mirror more than 3x/day OR weighed yourself more than 1x/week?
 - ▶ Used a negative term to describe how you look in the past week?
 - ▶ Dieted or restricted eating within the past 6 months?
 - ▶ Started a new exercise routine in the past 6 months?
 - ▶ Sought affirmation for your appearance in the past week?
 - ▶ Ever felt like you needed to change something about your appearance to be more appealing to others?

How Prevalent are Body Image Issues?

- ▶ Body image issues most commonly affect straight women
- ▶ 10-15% of eating disorders are diagnosed in men (Burlew & Shorts, 2012)
- ▶ 19-25% of normal weight men perceive themselves to be underweight (Blashil & Wilhelm, 2013)
- ▶ In a sample of 2,139 males, boys who perceived themselves to be under or overweight reported significantly higher depressive symptoms over time (Blashil & Wilhelm, 2013)

Lifetime Diagnosis

Depression:

LGBQ: 35.0%
heterosexual: 16.4%

Anxiety:

LGBQ: 34.0%
heterosexual: 16.8%

Eating disorders:

LGBQ: 5.5%
heterosexual: 2.8%

Lifetime Diagnosis

Depression:

Transgender: 42.8%
Non-transgender: 19.4%

Anxiety:

Transgender: 31.0%
Non-transgender: 19.7%

Eating disorders:

Transgender: 7.4%
Non-transgender: 3.3%

Why is this a Problem?

- ▶ Social alienation
- ▶ Ritualistic behavior
- ▶ Perfectionism
- ▶ Feelings of shame and anxiety
- ▶ Mood swings
- ▶ Sexual performance issues



Why is this a Problem?

- ▶ Distorted way of perceiving self others and the world
- ▶ Mismatch between actual self and ideal self
- ▶ Pressure to achieve ideal self interferes with other activities

How may this Develop?

- ▶ Messages about “acceptable” body types are received from interactions with others and media
 - ▶ “You’d be beautiful if you only lost 10 pounds”
 - ▶ *All the guys on Grindr have six packs*
- ▶ Poor body image often leads to generalized negative beliefs about self
 - ▶ “I’ll never find someone I don’t bulk up”
 - ▶ “I’m unacceptable the way I am”
- ▶ Body image behavior reinforces these beliefs
 - ▶ Restricting, exercising, checking
 - ▶ Avoiding, withdrawing, depression

What can I do about it?

- ▶ Challenge negative messages being shared
 - ▶ Compliment others on their *whole* selves
 - ▶ Ask others to stop commenting on your body
 - ▶ Intervene in fat shaming
 - ▶ Consuming body positive media



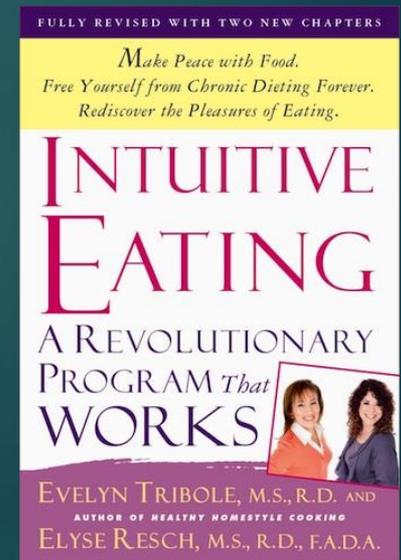
What can I do about it?

- ▶ Challenge negative core beliefs cognitively
 - ▶ Understand what negative core belief body image may trigger for you
 - ▶ Make a list of reasons why that negative core belief is not true
 - ▶ Prepare positive self-talk
 - ▶ Share negative core beliefs with others vulnerably
 - ▶ Accept your core body type



What can I do about it?

- ▶ Challenge negative core beliefs behaviorally
 - ▶ Experiment with “worst case scenario” behavior
 - ▶ #nofilter
 - ▶ Anti-dieting/intuitive eating
 - ▶ Exercise holiday
 - ▶ Nudist beaches
 - ▶ Ask yourself why you want to engage in body-image related behavior



In closing

CAPS

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GSI drop-in hours:
Wed 3-5

