

## **Scenario: Breaking Free from Self-Stigma**

At 27 years old, Olivia has transformed her life in many ways. She once struggled with obesity as a teenager, which made her a target for bullying in school. Hurtful comments and cruel laughter followed her wherever she went, and she gradually withdrew from activities she loved—especially anything that involved physical exercise in public spaces. Over the years, Olivia adopted healthier habits, and while she is no longer overweight, the scars from her past remain.

Every time she thinks about going to the gym or swimming in a public pool, an overwhelming fear grips her. She feels as if people are still watching, judging, and silently mocking her. No matter how much she reassures herself that she has changed, a voice inside her whispers, "They still see you as that overweight girl."

One day, Olivia decides that she no longer wants to be a prisoner of her own thoughts. She wants to break free from the stigma she places on herself. But how?

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### **Tasks:**

#### **Steps to Overcome Self-Stigma**

##### **1. Recognizing Self-Stigma**

- What negative beliefs does Olivia hold about herself?
- How does her past experience influence her present feelings?
- Why do you think she assumes others are judging her?

##### **2. Understanding the Impact of Self-Stigma**

- How does Olivia's fear of judgment affect her daily life and well-being?
- What are some opportunities she is missing out on because of these fears?
- What emotions does self-stigma trigger in her?

##### **3. Challenging Negative Beliefs**

- What evidence contradicts Olivia's belief that people still judge her based on her past weight?
- How can Olivia reframe her thoughts into something more positive and empowering?

##### **4. Building Self-Compassion and Confidence**

- What are some self-affirmations Olivia can use to remind herself of her progress?
- How can she celebrate her achievements, big or small, to reinforce a positive self-image?
- How can practicing self-kindness change the way she sees herself?

##### **5. Taking Gradual Steps to Reclaim Her Confidence**

- What small actions can Olivia take to ease into exercising in public spaces?
- How can she create a supportive environment (e.g., joining a beginner's class, working out with a friend)?
- What should Olivia do when she starts feeling self-conscious in the gym or pool?

##### **6. Seeking Support and Encouragement**

- Who in Olivia's life can provide emotional support as she overcomes this challenge?
- How can she seek out communities (online or in-person) that promote body positivity and self-growth?
- What are some professional resources (e.g., therapists, coaches) that could help her address deep-seated fears?

#### **7. Measuring Progress and Sustaining Growth**

- How will Olivia know she is making progress in overcoming self-stigma?
- What strategies can she use to handle setbacks without falling into old thought patterns?
- How can she continue reinforcing self-confidence in the long run?

By reflecting on these questions and taking proactive steps, Olivia—and those who relate to her story—can learn to overcome self-stigma and reclaim their confidence in living their best lives.