

Guilt-Free Social Media Body Comparison Detox

Checklist & Feed Audit Worksheet

guiltfreemind.com · Dr. Shruti Bhattacharya · April 2026

This worksheet has four parts: a step-by-step feed audit, a trigger tracker, daily self-compassion prompts, and space for your own creative healing notes. Work through it at your own pace – no pressure, no perfection.

PART 1 – STEP-BY-STEP FEED AUDIT

Open one platform (Instagram, TikTok, X, or Pinterest).
Do this when you have 10–15 uninterrupted minutes.

Scroll your last 20 posts. For each account, ask: does this leave me feeling lighter or heavier?
Trust your gut – your body knows before your mind does.

Unfollow or mute any account that consistently triggers comparison or shame.
Muting is kind. You do not owe anyone your anxiety.

Search for and follow 3 new creators who celebrate real bodies enjoying life.
Swimming, laughing, resting – not posing or "transforming".

Create a "Calm Feed" folder or collection with content that feels safe and nourishing.
Go here first before opening the main feed on hard days.

Repeat for each platform – one per day if needed. No rush.
Slow and intentional beats fast and overwhelming every time.

After completing the audit, I feel:

Lighter	Relieved	Still anxious	Unsure
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PART 2 – TRIGGER TRACKER

Each time scrolling triggers body comparison, note it here. Patterns become visible – and visibility is where change begins.

Date / Time	Platform & Account Type	Thought that appeared	Body sensation	Script I use

PART 3 — DAILY SELF-COMPASSION PROMPTS

Choose one prompt each day. Write freely — no editing, no judgment.

MORNING CHECK-IN

Before opening any app today, what is one thing my body is doing for me right now?

AFTER SCROLLING

I noticed the thought: _____. What would I say to a friend who thought this?

BODY SHAPES REFRAME

My body shape allows me to _____. Different shapes are not better or worse — they are just different.

COMPARISON PAUSE

That image I saw was one curated moment. My reality today looks like: _____.

END OF DAY

One thing I appreciated about my body today — not how it looked, but what it did or felt.

PART 4 — CREATIVE HEALING NOTES

This space is yours. Use it for body shape doodles, colour therapy notes, free writing, or anything that helps you relate to your body with fresh, compassionate eyes.

Body shape doodle prompt

Draw your silhouette as a landscape or abstract form — no judgment, just curiosity. Add words that describe what your body does, not how it looks.

Colour therapy for acceptance

Choose colours that feel safe and comforting. While coloring or writing, note three things your body does for you every single day.

My notes, sketches, and reflections:

You do not have to carry this comparison weight anymore. Your body is already enough – and so are you.

– Dr. Shruti Bhattacharya · guiltfreemind.com