I HATE MY BODY

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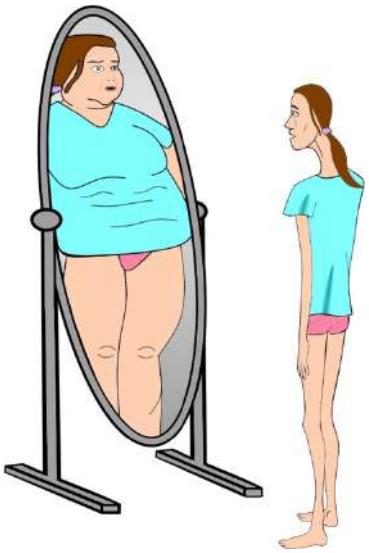
PDF 4 – Creative Writing



Your Turn – Write Your Own Dear AI Letter

Step 1: Choose a problem:

- I hate my body / looks
- Social media makes me feel ugly
- Pressure to look perfect
- Something else: _____

Step 2: Write your letter (100–150 words).

_____

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Useful Phrases:

- I feel … because …
- Every time I …
- I'm worried that …
- I know it's not healthy, but …
- What should I do?

Step 3: Swap letters with a partner and write a kind reply (60–90 words).

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Bonus: Add a small drawing or emojis showing how the person feels.

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