

Judge your body • Write it down • Ask four questions • Turn it around

Think of a recurring stressful thought about your body or a part of your body. (You may replace the word "body" in the questions and answers below with "legs," "belly," "heart," "cancer," etc.)

1. What is it about your body that angers, confuses, or disappoints you, and why?

I am _____ at my body because _____
emotion

Example: I am angry at my body because it is old.

2. How do you want your body to change?

I want my body to _____

Example: I want my body to be young and free of wrinkles. I want my body to lose weight.

3. What advice would you offer to your body?

My body should/shouldn't _____

Example: My body should stop getting old. My body should be pain free.

4. In order for you to be happy, what do you need your body to be or do?

I need my body to _____

Example: I need my body to stay beautiful forever. I need my body to attract a lover. I need my body to stay young.

5. What do you think of your body? Make a list.

My body is _____

Example: My body is ugly, wrinkled all over, disgusting, inflexible, in pain, and out of control.

6. What is it in or about your body that you don't ever want to experience again?

I don't ever want _____

Example: I don't ever want people to see me as too fat again. I don't ever want my body to be in pain again.