

LOVING YOUR BODY



INTRODUCTION

This exercise is about turning towards your body with kindness and compassion rather than with self-criticism.

STEPS

1. Stand in front of a mirror

Look at your naked body

2. Notice your initial thoughts

Your mind might first focus on parts of your body you've been told are wrong or unattractive. This is normal. Set those thoughts aside for now.

3. Focus on what you like

Take a moment to observe your body and find something you like. Pick one part that stands out to you.

4. Look closely at that part

Really look at this part of your body. Appreciate its shape, texture, and uniqueness.

5. Touch that part

Gently touch it. Feel the texture and warmth of your skin. Stay present with the sensation.

6. Take a deep breath

Inhale deeply, letting the breath travel through your whole body. Focus on the part you're touching.

7. Name it

Say out loud: "This is my [body part]." Repeat this a few times while staying with the visual and tactile experience

8. Let emotions flow

You may feel emotions like joy, sadness, or discomfort. Allow yourself to cry, laugh, or simply stay still. Let the emotions move through you.

9. Repeat daily

Do this exercise every day for a week. Each day, choose a new body part or return to the same one. Trust what feels right for you.

10. Embrace the awkwardness

It might feel strange or uncomfortable at first, and that's okay. The goal isn't to become fully embodied in a week, but to rediscover and reconnect with your body's ability to give and receive pleasure.