

Body Neutrality

You do not have to love how your body looks. Body neutrality can begin with recognising what your body allows you to experience and do.

How do I speak to myself about my body?

What tends to trigger difficult body thoughts?

How do social media or other people's comments affect me?

What would a more neutral description of my body sound like?

What does my body help me do each day?

What feels comforting or safe for my body?

What boundary could protect me from body-focused conversations?

Today I can treat my body with respect by...
