

EXPLORING YOUR BODY STORY

Get a journal, some art supplies, or perhaps your laptop, and just start creating. Just start writing. Don't think too much about what comes out. Allow thoughts, images, words, or phrases to flow onto the page. As writer Anne Lamott says, "just create a shitty first draft." You can edit for clarity and flow later.

Some people start by creating a timeline of events that impacted their relationship with their body. Below are some questions for you to return to throughout your training. You don't have to explore or work with all of them. You do not have to use them at all. Treat them as an offering. We trust you with your process.

- What has come between you and being at home in your body? How did you lose that trust?
- What are your earliest memories of having a body?
- When and how did you first get the message that your body was a problem?
- When did you first try to change your body? Or, when did you go on your first diet? When did you hit diet bottom? What happened in between?
- How did your relationship with your body morph and change over the years? As you entered puberty? high-school? adulthood? middle age? senior years?
- What experiences have affected this lifelong relationship with your body?
- What did you learn from your family about bodies? What do you believe now?
- How have gender norms limited your expression?
- What kinds of struggles have you had with food? When did they begin? What's changed over time?
- How did you find your way to Body Trust®?
- What do you wish the world understood about your body?
- What do you want people to know about you/your body?
- If you wrote a letter to your body, what would you say?
- If your body wrote you a letter, what would it say?
- What are you no longer willing to tolerate?