

# Center for **BODY TRUST**

## Reclaiming Body Trust: A Path to Healing and Liberation Journaling Prompts for Book Readers

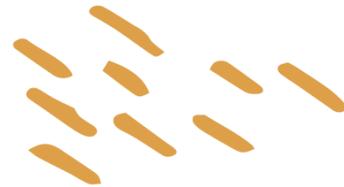
### THE RUPTURE

#### Body Trust is a Birthright

- What has come between you and being at home in your body?
- What are some of your earliest memories of having a body?
- How did you first come to learn that certain bodies were better than others?
- How were the seeds first planted that “being fat is bad”?
- What did the adults in your life teach you about weight and health?
- Why am I so committed to believing what I believe about fatness? What do I lose if I change my mind?

#### Your Body Story

- How has your body, just as it is, helped you survive in the world?
- How did your relationship with your body change over the years? As you entered puberty? High school? Adulthood? Middle age? Senior years?
- If you wrote a letter to your body, what would you say?
- If your body wrote you a letter, what would it say?
- What do you wish the world understood about your body?



#### Your Coping is Rooted in Wisdom

- What do you call The Problem?
- What does The Problem do for you? (Rewards, distraction, numbing, etc)
- What do you think, feel and believe when The Problem occurs? What do you say to yourself?
- What kinds of plans do you make to solve The Problem? What does The Plan sound like?
- How long does The Plan typically last? How long are you able to pull it off?
- How do you find yourself back in The Problem again? What gets in the way of you pulling off The Plan?



## **THE RECKONING**

### **Divesting from Diet Culture**

Which people, experiences, ideas and creations have you missed out on due to diet culture? What have you missed out on in the process?

How has shame impacted your health? What about trauma and oppression?

What interferes with your ability to care for yourself in the ways you personally feel drawn to (as opposed to the “shoulds”) and you know would make a difference in your life?

Who benefits when you are distracted by The Hustle? Who makes money off of your shame?

Who are you allowed to be when you realize society is the problem, not you or your body?

### **Reckoning with Your Eating**

What are some of your earliest memories of eating?

What were things like at the kitchen table?

What would you like your relationship with food and eating to look like? What do you want it to be?

What would it mean for you to recommit to being an eater?

How do you feel about your body when you are hungry? Full?

How do you decide when and what to eat?

How do you decide how much to eat?

How do you decide when to stop eating?



### **Ending the Hustle**

How have healthism and nutritionism impacted your relationship with your body?

How has living in an ableist society impacted how you think about and treat your body?

How or when do you know when your coping or self-care is rooted in a hustle?

Empathy is something that can reduce shame. Where - or with whom - do you experience empathy regarding your body shame? What helps? What do you need more of?

Where can you experience pleasure without shame taking over?

### **What Does Grief Have to Do With It?**

Staci Jordan Shelton says “before the truth can set you free, you have to recognize the lies that are holding you hostage.” What lies are still holding you hostage?

What are some of the reasons you keep bargaining?

What’s the difference between letting go and giving up?

What are some things you’ve been “weighting” to do that you might be interested in exploring now?

Grief is sometimes helped by ritual or spaceholding. Creating a spot or an altar in your house can act as a container to remind you of its presence. What could this look like in your space?

What would change if you came to this grief with great reverence, paid attention to it and what it is asking of you?



# THE RECLAMATION

## Entering the Wilderness

When you think back to your childhood, perhaps a carefree time of play and adventure, what do you remember of your experience of your body? How does that differ with your experience of your body now?

If you were to imagine yourself feeling powerful, present, and clear about the value you bring to the world...

How might your posture change?

How would you move through the world?

How would you dress?

What ways might you celebrate your body? Explore this for a bit, feeling (or imagining feeling) a strong sense of your own power.

## Allowing for Pleasure and Satisfaction

Who gets to experience pleasure...

In this culture?

In your family?

In the ideal world?

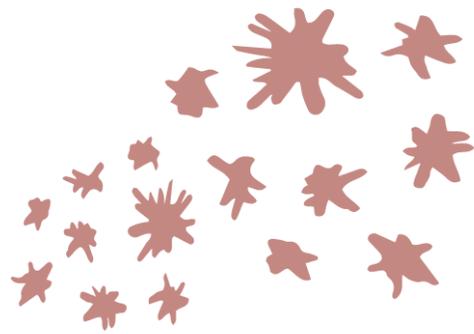
When and how did you lose access to pleasure?

I experience pleasure without guilt when....

I know I am experiencing pleasure when I...

Where do you experience pleasure in your body? What does it feel like?

If you could eat anything right now and be guaranteed that it wouldn't affect your health, weight or reputation, what would you want to eat?



## Reclaiming Movement

What's come between you and your relationship with movement?

When and how did active play become exercise? You might start by thinking about what movement was like as a child. How active were you? What do you remember about the activities you were doing? What did you like about them? What made those activities possible? Or what got in the way of you being able to do the things you enjoyed doing as a child?

What life experiences have shaped what you think and believe about fitness today?

What are some of the messages you've internalized from the toxic fitness industry that have contributed to the distrust of your body?

What would it be like to explore movement in a more attuned, embodied way?

If you had access to all the modifications, support, tools, and gear you could possibly want for your body just as it is today, what activities would you want to try?



## **Deepening Your Roots into Body Trust**

What stands out to you most after reading about the phases of this work?

If you lost trust in another relationship in your life, what would you need in place to rebuild it?

Which of the foundations could you lean on?

What concepts and ideas do you feel drawn toward? Where might you begin? What's the next step?

## **Making Your Healing Bigger Than You**

What does body liberation mean to you?

What do you bump up against when we talk about radically including all bodies?

Many people find that they want liberation for all bodies but struggle to include themselves. What else is needed for you to include yourself?

What do you want your family and friends to know about your healing process?

Imagine the support you need to stay on this healing path for the next 5, 10, 20 and 30 years. What support do you need to make that possible?

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In 2005, Hilary Kinavey, MS, LPC and Dana Sturtevant, MS, RD co-founded the Center for Body Trust to offer programs that invite people to return to a relationship with themselves, food, and their body that they want to be in for a lifetime—flexible, compassionate, and connected. The Center for Body Trust also offers professional training in client-centered, trauma-informed, justice-based approaches to healing—including an intensive year-long Body Trust Certification Program. Hilary Kinavey and Dana Sturtevant have spent 17+ years facilitating transformational workshops to help people like you divest from diet culture and reclaim your body, your voice, your story, and yourself. Breaking free from the status quo is hard. Our programs will guide you toward freedom.

[No More Weighting: Six-Week Body Trust E-Course](#)

[Exploring Your Body Story: Three-Day Online Retreat](#)

[Reclaiming Body Trust Retreat](#)

[Body Trust Professional Training](#)

Learn more about all of our offerings at [CenterForBodyTrust.com](https://CenterForBodyTrust.com).

