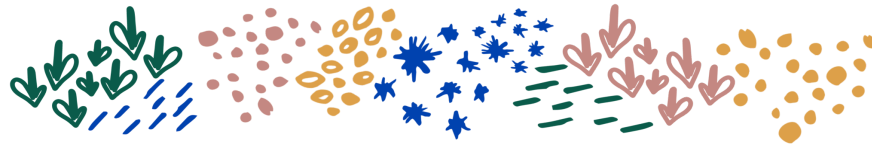


Reclaiming Body Trust: A Path to Healing and Liberation

By Hilary Kinavey & Dana Sturtevant



CHAPTER 3 RESOURCE: YOUR COPING IS ROOTED IN WISDOM EXPLORING YOUR CYCLE

As we discuss in the book *Reclaiming Body Trust: A Path to Healing and Liberation*, illuminating the pattern of coping you've developed to survive is a powerful phase of this healing work. The Cycle operates as a *predictable* pattern of experiences that happen repeatedly and reinforce body shame, self-blame, and disordered eating behaviors. You may be aware of parts of this cycle, while other parts remain unconscious or waiting to be seen. Understanding your cycle is a compassionate way to build awareness and see why it has been a struggle to trust your body. The cycle itself is also a major clue into what your relationship with food has been doing for you.

Below we share several examples of cycles and an audio recording to help you uncover what your cycle looks like.

[Bad Body Day Cycle](#)

[Emotional Eating Cycle](#)

[Binge/Purge Cycle](#)

[Cycle of Restriction](#)

EXPLORE YOUR CYCLE

When you are ready, grab a pen and a piece of paper and listen to [this recording](#) to help you draw your own cycle. And [this worksheet](#) may also be helpful.

In their book *Reclaiming Body Trust*, licensed therapist Hilary Kinavey and registered dietitian Dana Sturtevant, founders of Body Trust, invite you to break free from the status quo and reject a culture that has profited from trauma, stigma, and disembodiment, to fully reclaim and embrace your body.

Personal and political, informed by the body stories of the hundreds of people they have worked with, *Reclaiming Body Trust* delineates an intersectional, social justice-oriented path to healing. A complete guide to their innovative and revolutionary Body Trust framework, *Reclaiming Body Trust* reveals a pathway out of a rigid, mechanistic way of thinking about bodies and into a more authentic, sustainable way to occupy and nurture our body.

