



Your Body Story Exploration

Use everything and anything that comes to mind: specific messages from people in your life and general messages you've internalised over time – ***all of it is valuable and valid.*** It helps to be as specific as you can. The messages may be positive and negative – they all form part of your Body Story. Perhaps some people in your life modelled body acceptance and others didn't. Some reinforced positive messages and others reinforced critical or shaming ones.

All of these messages impact on how you experience being in your body.

Remember, we're not just talking about messages related to your size. Your body has more than one identity, it will include your age, gender, sexuality, the colour of your skin, if you have any disabilities, chronic illnesses, scars or disfigurements, the colour or texture of your hair and so on.

PAST: ROOTS	CURRENT: STEM/ TRUNK	FUTURE: PETALS/ LEAVES
What did you learn was acceptable or unacceptable? And from whom?	What messages do you get from the outside world about your body?	What would a peaceful relationship with your body look like?
What were you told about eating?	How do you speak about your body today?	How could this relationship grow?
What were you told about weight or size, and yours in particular?	What do you believe about health and weight?	How would other areas of your life be impacted if you had a peaceful relationship with your body?
What were you told about exercise or movement?	What do you believe about your size or shape?	
What did you learn about beauty and desirability?	How do your beliefs influence how you take care of yourself?	
	How do your beliefs affect how you speak to your body?	

(adapted from Embody by Connie Sobczak 2018)