

# Body Love Embrace

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## Body Love Embrace - Writing Exercise #1

### 1. Exercise

Stand naked in front of a mirror. Take a deep breath. Look at your body and allow yourself to notice all of the things you like about your body AND bring up all of the negative thoughts you have about it. I know this may feel hard and uncomfortable but it's really important to get those beliefs up to the surface so you can heal them.

### 2. Body Image List

Write down all of the beliefs positive and negative. Make one list of the negative statements and one list of the positive statements, then rank the negative statements in order of the strongest to weakest (i.e. the beliefs that feel the most true are a 10 and the ones that feel the least true are a 1).

Do the same for the positive beliefs. Post the list of positive beliefs somewhere that you can see it and be reminded.

Negative

Positive

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## 3. Free Writing

Free writing is a way to access your subconscious beliefs. The trick is to keep writing for the entire 10 minutes without lifting your pen or your fingers from the keyboard. When you can't think of anything to say then write I don't know over and over until another thought or belief comes into your head.

Here are some questions that can spark your free writing, but feel free to write anything that comes up:

*What other beliefs do I have about my body that I might not voice aloud?*

*How does the way my body looks impact my life?*

*How am I limited by my appearance?*

*What are the worst things I think about my body?*

**Let it all flow out of you.**

Now add those beliefs to your negative Body Image List with a ranked order. Bring this list to Week 2's class so we can use a powerful strategy to shift those beliefs!