Healing Body Shame

The body can become the holder of shame. It can become the reason for self-dislike.

This is especially true if your body was ridiculed or mistreated.

1. What parts of your body do you least like? Why?

2. Take a few minutes to feel compassion toward that part of your body. Reflect on why you could appreciate or have appreciated that body part:

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3. If you're to have a conversation with that body part, what would it say? Take your time to listen, and write down what comes up.

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Notice if anything shifted in a pleasant way in your emotions. Describe it below:

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