

RECLAIMING YOUR BODY

SELF WORTH IS AN INSIDE JOB

Consider the changes in mental attitude that would likely take place and subsequently allow for you to view your body as an ally.

- Increase your sense of worth
- Be kind to yourself
- Challenge your inner critic
- Replace with **tolerance** because it is acceptable to only tolerate your body as jumping from hating your body to loving it only happens in experiencing the in-between: tolerance toward oneself.

Considerations to challenge your inner critic:

- *I celebrate myself because _____.*
- *I love my inner critic because _____.*
- *Events that trigger my inner voice include _____.*
- *Certain external forces that support my inner critic include _____.*
- *My mood is _____ when my inner critic speaks loudly.*
- Exercises to challenge your inner critic:
- *My physical abilities include _____.*
- *My positive qualities include _____.*
- *My interests and activities include _____.*

FOSTER SELF WORTH

Neuropsychiatrist Dan Siegel believes that humans can foster a sense of self-worth through the act of self-compassion, which involves taking on what he calls the “COAL” attitude:

Curious, Open, Accepting and Loving toward yourself and your experiences rather than being self-critical.

There are three steps to practicing self-compassion:

1. Acknowledge and notice your suffering.
2. Be kind and caring in response to suffering.
3. Remember that imperfection is part of the human experience and something we all share.

Begin each day by honoring your body with one gratitude.

1. Example: I am pleased with my body’s ability to carry me to and from beautiful places.
2. Keep each gratitude short and sweet.
3. Stand firm in your own perception of your body and let go of the rest.
4. This can be challenging and may often seem impossible but it is not. Listen to your body’s wisdom for it will guide you through the processes of reclaiming your body and your sense of worth.

Practicing joyful movement:

1. Engage in the activities you find joy in and move your body in ways that feel good. Learn when to pause by listening to your body. What is it saying?
2. We grow closer in our relationships to our bodies as we learn to listen to the language it speaks.

“Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.”

- Brené Brown