Body Image Work

Current State:											
Rate current bod	ly ima	age (0	-10).								
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Attune to the the	ough	ts/sei	nsatio	ns/b	ehav	/iors	at th	nis lev	vel.		
Thoughts											
Sensations ⁻								•			
Behaviors -								•			
Beliefs											
What do you nee	ed at	this le	evel? (S	Speal	king	from	n con	npass	sion /	/wisdom/supp	oort)
				-	0			-	/	/ 11	/
Sensations											
Behaviors											
Beliefs								•			
Desired State:											
Desired body im	age r	ating	(0-10)	$\rightarrow A$	im fo	or Inc	crem	enta	l/Gra	adual shifts.	
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	1	Δ .	5 4	Э	0	1	0	9	10		
What thoughts/	sensa	ations	/beha	vior	s/be	liefs	exist	t at tl	his le	vel?	
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Behaviors Beliefs											
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Daring

Devotion

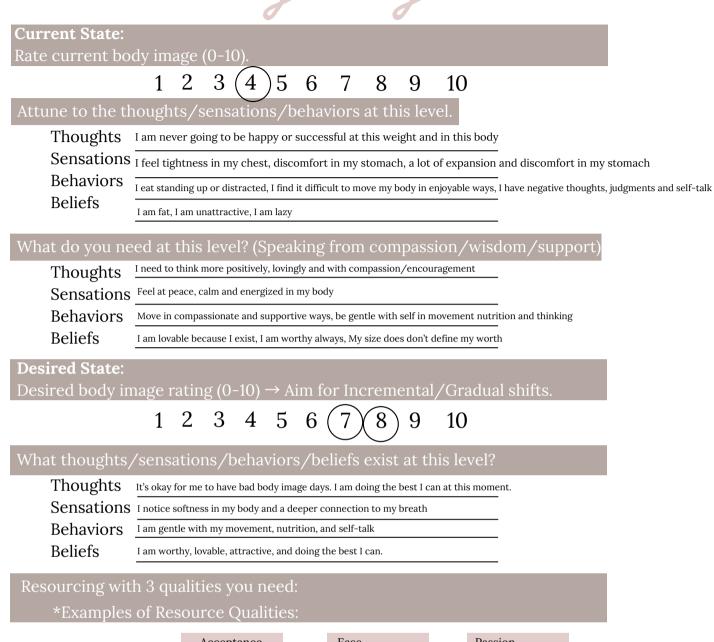
Nurturing

Optimism

Quality 1:		
Thoughts Sensations Behaviors Beliefs		
Quality 2:		
Thoughts Sensations Behaviors Beliefs		
Quality 3:		
mougnes		
Self-Forgivene	ess Statement:	
Take-Aways I	will put into practice:	
Thoughts Sensations Behaviors Beliefs		

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Body Image Work



Acceptance Adequacy Affection Amazement Amusement Attention Authenticity Beauty Bliss Bravery Calm Certainty Clarity Comfort Compassion Confidence Connection Courage Creativity Curiosity Daring Devotion

Ease Efficiency Embrace Encouragement Energy Enthusiasm Flow Focus Forgiveness Fulfillment Fun Glee Gratitude Harmony Help Honor Intention Intrigue Joy Kindness Nurturing Optimism

Passion Playfulness Quiet Resourcefulness Responsible Safety Serenity Sincerity Support Sweetness Tenacity Tenderness Truth Warmth Wisdom Wonder

Quality 1: Wisdom

Thoughts	I am working on my self daily. I do the best I can. I am practicing loving and accepting myself.
Sensations	Connected, Stable, Strong, Grounded and Rooted in my body
Behaviors	I connect to my body's needs daily and assess what I need. I take intentional action.
Beliefs	I am wise, I am capable, I am honoring my body's needs

Quality 2: Focus

Thoughts	I am attuned to my needs. I am practicing presence.
0	Focus, connection, grounding, mindful attunement in mind/body
Behaviors	I limit distractions. I practice slowing down. I practice mindfulness.
Beliefs	I am capable, I am focused, I am attuned, I honor my needs

Quality 3: Confidence

Thoughts	I know I am capable of difficult things, I know my own resiliency and power
Sensations	Strength, Rootedness, Confidence in all my limbs, Feeling a sturdy foundation
Behaviors	I act without overthinking. I am deliberate with words and actions
Beliefs	I am capable, I am resourceful, I know what to do, I am intentional

I forgive myself for limiting my worth, sense of happiness, and success based on my appearance.

My truth is that I am capable of anything at any time. My size does not limit me or my potential. With confidence, focus, and wisdom, I can act in ways that make me proud. I can learn to love and accept myself so that I act from a place of self-worth.

Thoughts	I will connect to wisdom and be intentional with my thoughts		
Sensations	I will focus on ease, allowing and grace within my body		
Behaviors	I will act with compassion and attunement to what I need in each moment		
Beliefs	I am capable, worthy, and resilient		

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