

SIDE BY SIDE
NUTRITION

Letters to and from your body:
Starting and Continuing the
Conversation

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Objective:

1.

To explore, process, and express how you are feeling towards your body.

2.

To understand your relationship with your body and your body's relationship with yourself.

3.

To start the dialogue to learn how to listen to one another

4.

To express those feelings and to ask the other one what they need

Step 1:

Speak directly to your body

What thoughts are coming up?

What would you like to express to your body? What do you want to say to it?

What emotions are coming up?

Example: “I’m so mad at you! I am so frustrated with you. You will just not cooperate with me no matter how hard I try and fix you!”



Step 2:

If your body were to speak back to you, what do you think it would say?

Example: “I’m really trying my best to take care of you. You are putting me through a lot as you try to change me. I’m tired and I’m hungry. Regardless of what you put me through though, I will be there for you.”



Step 3:

After hearing from your body, what do you think yourself would say?

Example 1: "You just are not doing good enough. You are all wrong."

Example 2: "Hmm, yeah, I know I don't really listen to you. I have some awareness that you are doing what you can. I am just really sad and wish you were different. It would be so much easier."



Step 4:

Keep the Conversation Going

In any relationship, communication is a key ingredient. Open up communication. Learn about communication. Listen to each other. Continue the difficult conversations.

