

Mirror Work with a Compassionate Body Scan

INSTRUCTIONS:

To begin, stand in front of the mirror in the least amount of clothing you feel comfortable. In this exercise, you will scan through your body parts in the mirror and state why you love that body part or why you have compassion for that body part. For example, you might say, "I love my arms because they are strong" or "I have compassion and appreciation for my stomach because it has carried two children." If this is too difficult, it might be helpful to begin with making amends for the way you have treated your body. For instance, you may say, "I want to say I'm sorry to my thighs for saying that you were unacceptable and I want to have a better relationship with you." You may notice negative thoughts creeping into your practice. If this happens, it's ok. Just allow those thoughts to drift out and continue to focus on the task at hand. Go through the same body parts that you used in the previous mirror work, stating something loving, compassionate, or apologetic.

*Use your own judgment and discretion and the support of your treatment team to proceed with this activity with caution in order to assess if this is right for you, to feel safe, and to stay in your window of tolerance.



SIDE BY SIDE
NUTRITION

Adapted from Alsana's Body Embrace Program