

SIDE BY SIDE  
NUTRITION

# Mirror Work with a Nonjudgmental Body Scan

ADAPTED FROM  
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## Objective:

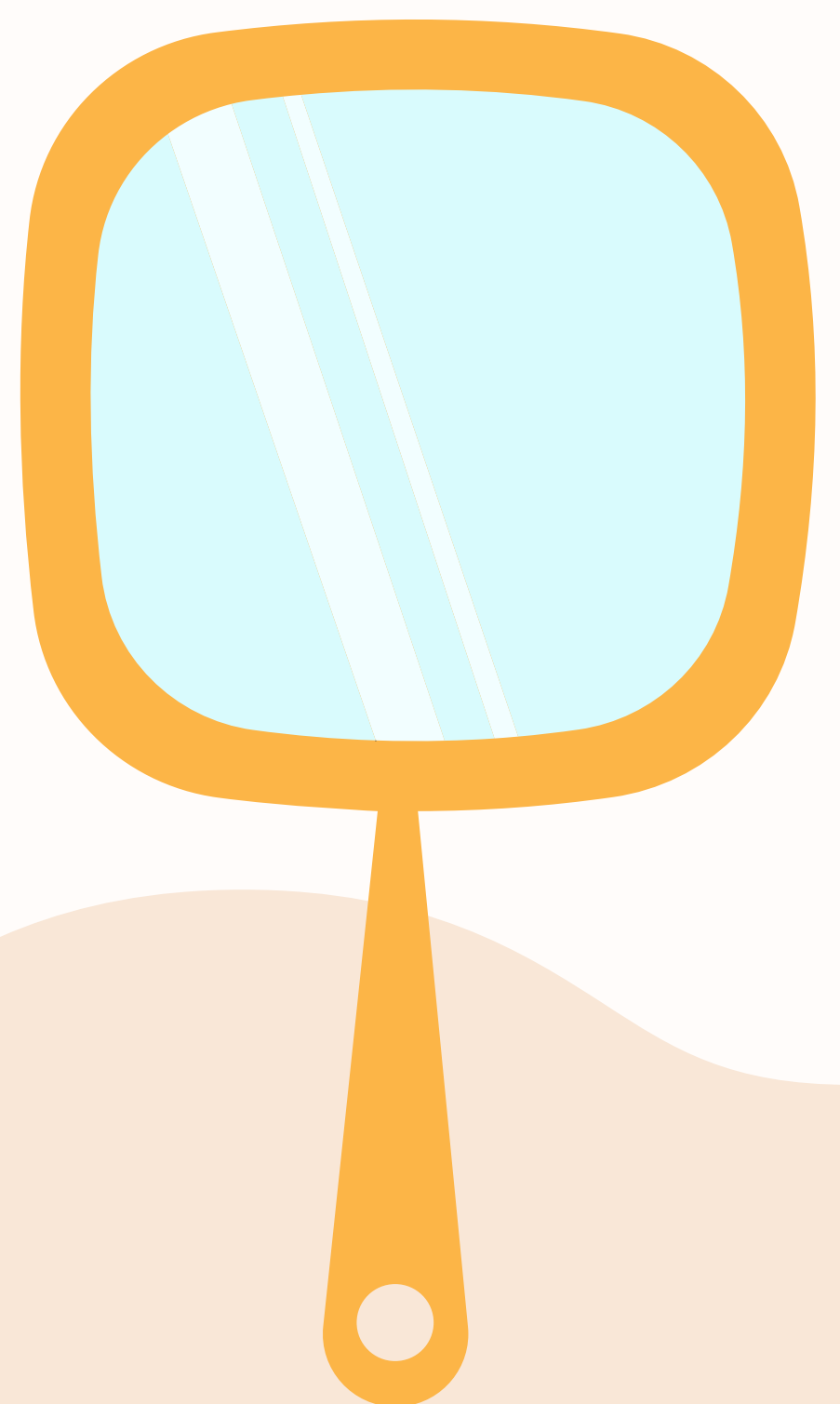
To provide exposure to body parts to increase tolerance to negative BI. Pairing neutral descriptions allows you to break the connection between negative descriptors and their body parts. The objective of this activity is not to totally get rid of negative body image but is to help foster some more neutral talk about your body.

## Directions:

Provide neutral comments on 20 different body parts (i.e., hair, skin, eyes, nose, mouth, teeth, chin, neck, shoulders, upper arms, wrists, hands, chest, waist, hips, buttocks, thighs, calves, ankles, and feet), while observing body in a full length mirror.

A list of these body parts is posted on the outer part of the mirror for your guide during the exposure.

*\*\*\*Please note that this activity is not for everyone and can cause a lot of distress. Use discretion and make sure to chat with your treatment team about whether this is right for you!*



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## Guidelines:

Describe your body parts, out loud, from head to toe. It is important that you do not skip over OR dwell on any parts, but rather, give equal attention to everything you see. Also, do not use critical or unkind language, such as “gross,” “disgusting.” Instead, use objective, nonjudgmental descriptors, such as those relating to color, texture, proportion, shape, or symmetry. This is kind of like describing yourself to someone who is drawing you, but cannot see you. This exercise may seem difficult, but try your best to stick with it. Come back to this as often as what feels best for you.

<b>HAIR</b>	<b>SKIN</b>
<b>EYES</b>	<b>NOSE</b>
<b>MOUTH</b>	<b>TEETH</b>
<b>CHIN</b>	<b>NECK</b>
<b>SHOULDERS</b>	<b>UPPER ARMS</b>

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<b>WRISTS</b>	<b>CHEST</b>
<b>HANDS</b>	<b>WAIST</b>
<b>HIPS</b>	<b>BUTTOCKS</b>
<b>CALVES</b>	<b>THIGHS</b>
<b>ANKLES</b>	<b>FEET</b>