

# My Body Story

We've explored the explicit and implicit messages we may have received growing up from our families, our cultures, society, and religion. These internalized messages impact how we relate to our bodies. As you consider your own body story, reflect on these questions:

Did you relate to any of the messages listed in this section? Which ones? What messages would you add that were either explicit or implicit?



How have these messages impacted how you feel towards your body?



Let's reflect on the ways your body may be telling a story.

What physical symptoms show up for you?



If these symptoms had a voice, what would they say?



At this point in the guide, I'm inviting you to consider a new way of relating to your body. When we receive attuned and supportive messages about our bodies, the ways we relate to them can change. Get curious and reflect on these question:

What would change if you believed that:

- your body was on your own side?
- your body was validating the discoveries you are making around your past traumatic experiences?
- your body has always been trying to protect you from unbearable pain from the past?
- your body is trying to help you heal by releasing that pain?
- your body could intuitively guide you?
- your body has always been wise?

If you believed these things, how would that change your relationship with your body?

