

## Me, Myself, and My Body

Parts or aspects of my body that I like are:

Why?

Parts of my body that I don't like but am willing to accept and work on liking are:

I feel most comfortable with my body when:

I feel most uncomfortable with my body when:

Things that my body does for me are:

When I am standing in front of a crowd of people (i.e. in class, presentation), I feel:

