#### WHAT ARE YOU NOTICING IN YOUR

**BODY JUST NOW?** 

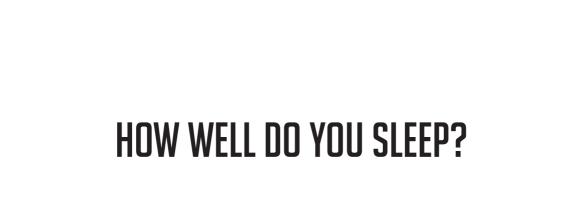
### WHAT DOES YOUR BODY NEED TO FEEL GOOD TODAY?

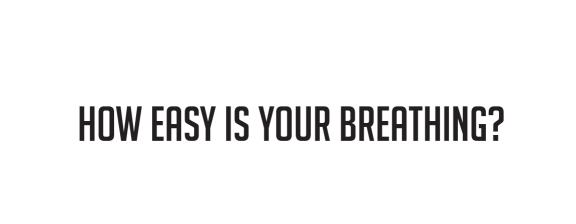
PLEASURE AND JOY?

#### HOW IS YOUR BODY A PLACE OF

### WHERE DO YOU FEEL PAIN OR TENSION?

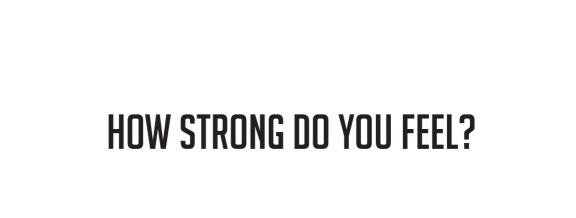
### HAVE YOU BEEN SLUGGISH OR ACTIVE LATELY?





### IF YOUR BODY COULD TALK WHAT WOULD IT SAY?

### HOW TIRED OR ENERGETIC ARE YOU?



#### HOW DO YOU REACT TO UPS AND DOWNS IN LIFE?

## HOW DO YOU RELEASE YOUR NEGATIVE EMOTIONS?

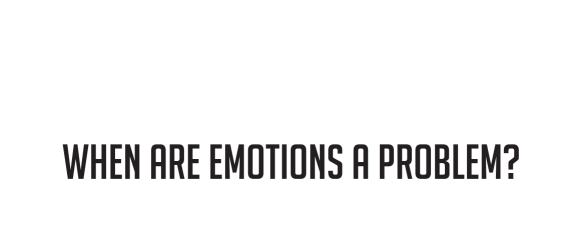
#### HOW OFTEN DOES YOUR Mood swing?



#### HOW DO YOU FEEL AROUND

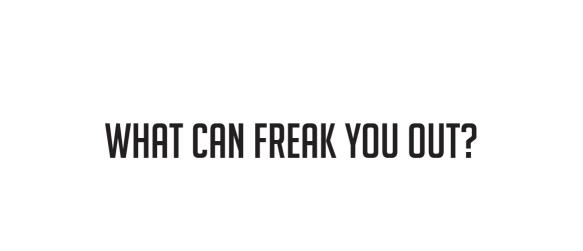
OTHER PEOPLE?

# ARE YOU IN LOVE? WHAT IS IT LIKE TO BE IN LOVE?





#### WHAT MAKES YOU FEEL VERY GOOD?





#### DO YOU EAT WHEN YOU ARE NOT HUNGRY? IF SO - WHY?

# WHAT DOES ALCOHOL DO FOR YOU? WHAT DOES IT DO AGAINST YOU?

## HOW OFTEN DO YOU REST AND FEEL RESTED?

#### HOW OFTEN DO YOU FIND YOURSELF

### **UNDER STRESS?**

## HOW MUCH TIME DO YOU SPEND IN FRONT OF THE SCREEN?

# WHAT CAN YOU ELIMINATE FROM YOUR LIFE THAT DOES NOT MAKE YOU FEEL GOOD?

WHAT ARE YOUR FAVORITE WAYS

TO MOVE YOUR BODY?

### WHAT DO YOU NEED TO FEEL NOURISHED AND STRONG?

#### HOW MUCH TIME DO YOU SPEND

### IN NATURE?

### WHAT DOES YOUR INNER CRITIC TELL YOU?

# WHEN YOU LOOK IN THE MIRROR WHAT IS THE FIRST THOUGHT YOU HAVE?

# WHO ARE YOU COMPARING YOURSELF TO AND IN WHAT WAY?

# WHAT HAVE YOU GAINED OR LOST BECAUSE OF YOUR BODY IMAGE?

### WHAT DOES YOUR BODY HELP YOU TO DO?

## WHAT HELPS YOU TO FEEL COMFORTABLE IN YOUR OWN SKIN?

## HOW HAS YOUR PERSONALITY CHANGED BECAUSE OF YOUR SENSE OF YOUR APPEARANCE?

WHAT IS ONE WAY YOU CAN

**CELEBRATE YOUR BODY EVERY DAY?** 

## HOW MUCH OF YOUR SELF WORTH DO YOU TIE TO YOUR APPEARANCE?

## WHAT NEGATIVE SELF TALK AND UNFAIR EXPECTATIONS ON YOUR BODY CAN YOU LET GO OF?

## WHEN HAVE YOU FELT THE MOST COMFORTABLE OR SATISFIED IN YOUR BODY?

WHEN HAVE YOU FELT

**UNCOMFORTABLE IN YOUR BODY?** 

### HAVE YOU EVER MODIFIED YOUR BODY?

### WHAT DID YOUR FAMILY TEACH

YOU ABOUT THE BODY?

## DOES YOUR FAMILY TOUCH AFFECTIONATELY OR HAVE A LITTLE TO NO PHYSICAL CONTACT?

# WHAT TABOOS AROUND BODIES WERE OR ARE PRESENT IN YOUR SOCIAL CIRCLES?

## HOW DO YOU LEARN ABOUT YOUR BODY?

## WHAT IS THE MOST SERIOUS INJURY OR DISEASE YOU HAVE EVER HAD?

YOU AROUT THE BODY?

### WHAT DID YOUR SCHOOL TEACH

## WHAT IS THE BEST LESSON THAT YOUR BODY HAS TAUGHT YOU?