

# Telling Our Body's Story

**1** List the parts of your body with which you presently feel comfortable or actually like. Explain why you like or feel comfortable with each part.

Next to each part of your body that you like, write the names of people, advertisements, media images, or other influences that helped you to like this aspect of your body.

**2** Now list the parts of your body with which you feel uncomfortable or dislike. List the reasons why.

Next to each part you do not like or feel uncomfortable with, write the names of people, advertisements, media images, or other influences that gave you reasons to dislike this part of your body.

**3** Finally, record what you have learned about your body—both positive and negative.

Ask yourself these questions:

- What do I want to feel about my body right now?
- How can I let go of the negative attitudes I have toward my body?
- Would God the Creator want me to feel negatively about myself?