

If My Body Was My Friend...

An insight into your relationship with yourself.

Do you feel like your body is letting you down?
Do you often say things like 'I hate my [body, or body part]?'
Do you feel frustrated with your body?

This is a powerful exercise I find really interesting and insightful when it comes to helping us understand our relationship with our own bodies.

Imagine your body is your friend. Someone you've known for as long as you can remember.

Write down what comes to mind, when you go through the following questions. Please take some time out, maybe ten minutes or so, to really think about this and write down whatever comes up.

1. What type of friend are you to them?
2. What type of friend are they to you?
3. Have they ever let you down? Explain how, if yes.
4. Have you ever let them down? Explain how, if yes.
5. Have you ever had a good relationship with them? What was it like, and then what happened when it went bad.
6. Have you got something to say to them now?
7. What relationship do you want to have with them?
8. Can you make that happen? And if yes - how....?

Changing your relationship with your body can make a huge difference in your health journey, and in finding contentment in your own skin. It all starts with understanding, and kindness, for yourself.

If you are ready to create lasting change in both your mind and body,
I would love to help you; take the first step by booking a complimentary
20 minute discovery call with me to find out how.