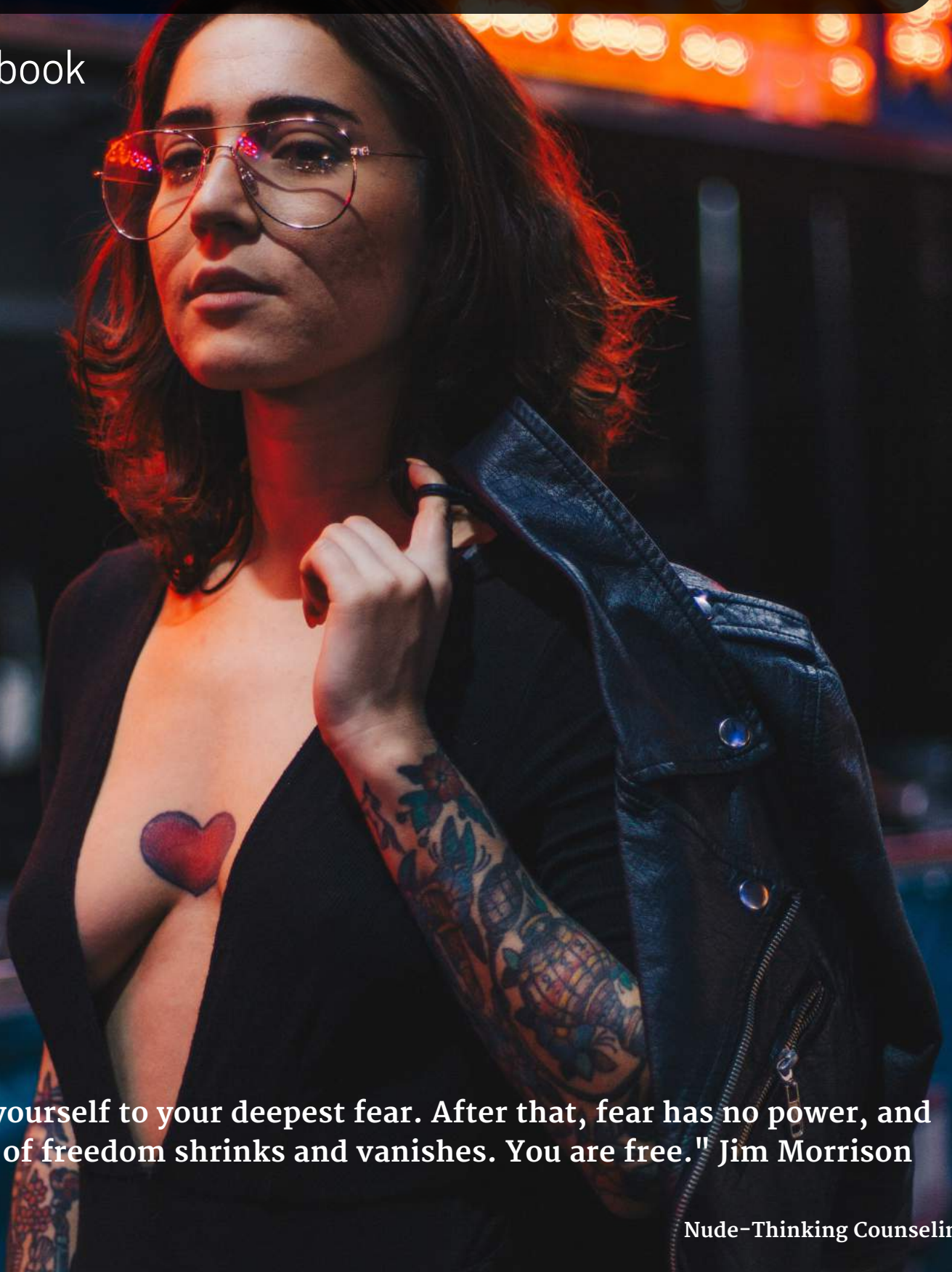


The path to a positive Body Image

Workbook



"Expose yourself to your deepest fear. After that, fear has no power, and the fear of freedom shrinks and vanishes. You are free." Jim Morrison

Nude-Thinking Counseling

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workbook



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Introduction

Welcome to this online program, thank you for joining me and giving yourself this gift. That's awesome! By taking this step you have already started the process of change. But I invite you, or even challenge you, to take positive action as you work through this program and not just sit back and take in the information. Knowing more does not mean you are creating lasting change. Even doing this program will only part of your journey, for your life and body will continue to change and meet challenges. Let this be your opening to a new mindset, a fresh perspective on your body. I promise that the joy that comes from embracing this amazing vessel, will spill over into many other areas in your life. This is what I discovered on my journey and am still grateful for.

So go to it. Cry, scream, swear, laugh, your way through and remember to keep an open mind and never ever judge yourself for whatever you are feeling or thinking. Embrace what comes up for you, this is your truth.

Some exercises may touch you deeply and others a little less. It's all good. You are not doing it wrong, it is just not where your issues lie. Great!

Before you get started let me address this thought that might linger somewhere in the back of your mind: Accepting your body does not equal giving up, being weak, finding beauty in it, losing judgement.

“What? So I am not going to be stripping at the end of this program?”

Nope, let's have a reality check here. There will still be stuff coming up. And if you do the work, you will have the tools to deal with them and get to that sweet spot again where you can embrace your body and be grateful for living in it.

You will discover that this program is not all about theory and endless talk. This is about you, so the focus is on your work. This work will contain exercises off course, but I will also ask you to do some honest soul-searching, to get feedback from the people around you, to take time to digest and implement the insights in your life. As you practice you will discover new layers to question and work on. Don't be discouraged by that, it is only natural. Surely you know that the body too is more than only skin deep ;-)

So get excited, put on some music to shake that ass, and get going. And know this, I am right there with you shaking my big booty!

Big hug, Georgina

How to get the most out of this program

1. Plan time out to do the work. Not just read and look at the video's, but to then follow-up and do the exercises/thinking/sharing. Find the right pace for you.
2. Take notes, write down your thoughts and insights throughout the process. This will benefit you later on, as this will always remind you of what you already know as you encounter new layers.
3. It may also be useful to note which exercises you would like to do on a regular base, to keep you aware of your body. To make your personal regime, and please do get creative with that and add other material.
4. Keep alert and noting down as you practice and implement.
5. Find a buddy, someone who will support you as you work on this. Who is your sparring partner, who is honest, and will challenge you when you are avoiding stuff. Someone who is kind and loving and is available for you.



What is a body

This may seem very obvious as you lug this thing around every minute of every hour of every day. A body is a body, right? Well, not quite. In psychological terms we can differentiate 4 different bodies: the objective, ideal, social and perceived body.

The objective body

This is the part that many would call “reality”, or in other words this is the factual body. The body expressed in statistics. So lets do that, make a table and get out the measuring tape and mirror.

Exercise 1

Measure and write down the following in a table:

- | | |
|--|---------------------------|
| 1. Hight in cm | 2. Circumference in cm |
| - overall | - calves |
| - legs | - thighs |
| - arms | - hips |
| - rump | - belly |
| - head | - waist |
| | - chest |
| | - neck |
| | - head (at eyebrow level) |
| 3. Feet in cm (heel to tip of longest toe) | |
| 4. Hands in cm (wrist to top of middle finger) | |
| 5. Shoulder to shoulder in cm | |
| 6. Weight | |
| 7. Eye color | |
| 8. Hair color | |
| 9. Hair placement (where do you have hair on your body) | |
| 10. Male/female genitalia (rare but possible to have both) | |
| 11. Skin color (note the differences in places incl genitalia) | |
| 12. Number of limbs (legs, arms, fingers, toes) | |
| 13. Number of teeth and molars in mouth | |
| 14. Age | |

You could take this as far as you like. There are measurements that give you insight into how symmetrical your body is. The nose/eyes/ears may or may not be functioning, which is fact. The point is to look at your body in detail. Really get to know what the facts are, without any thoughts or perception attached.

What is a body

The ideal body

When you close your eyes and imagine how you would look in a perfect world, what do you see? This is your ideal body. The body you wish you had. The model that you believe would bring you the greatest happiness. Reality had very little influence here, so there is no limit to what you envision. Achievable or not, doesn't come in to play, this is about your deep seeded believe that this body is the key to everything.

Many people will have an ideal body in mind that has been influenced by media and their culture. And yes, this may indeed hold true for you, but the ideal body can also be extremely individual. Like the American lady who wants to look like a cat.

Exercise 2

Step 1: Create a visual representation of your ideal. Cut out pictures from magazines, draw, sculpt, whatever way feels good to you. Try to pay attention to the details as well, do you have an ideal for hands, or a nose? If you do not, then know this to be so and move on. Just spend some time getting this picture very clear for yourself.

Step 2: Now that you have that image clear. Look at it. Deeply. Feel it. Imagine living in it. Notice what feelings you associate with this body. Write them down.

Step 3: Stand up and shake it off!! Go put on some music to dance, take a toilet break, have a cuddle with someone; free yourself from the ideal body before you move on.

The social body

We have many roles in life and each time we take our body with us. What bugs us as we embody the lover may not even cross the mind when in a father role for instance. So the social context in which we move, use, interact with our bodies holds different thoughts, feelings, associations. When we sum up all the things we do not fully appreciate about our bodies it is an amalgamation of everything from every contextual example. Breaking it down into its parts, helps find those elements that are omnipresent and therefore likely to be of more influence than others.

You know what's coming now.... the breakdown

Exercise 3

Step 1: Make a list of all the things (in relation to your body) you dislike, feel uncomfortable with, are insecure about, have an opinion about. Purge.

Step 2: Make a second list of all the roles you have in your life.

Step 3: Copy the first list as many times as you have roles on your second list.

Step 4: Take the different positions and look at your purge list. Which ones seem irrelevant here? Take your time, do this for each role.

Step 5: What are the overlapping, constant elements that hinder you in being positive about your body? Sleep on it, come back to it and see if this is the full list or if you left something out or perhaps need to delete something.

What is a body

PS I am not negating the elements that play up only in certain roles, please know that having them mapped out is vital to your understanding of everything that influences your view on your body. And as you move into working on the common issues, you will be able to come back to the more isolated ones and apply the process to these too.

The perceived body

This is where it gets a bit more tricky. The perceived body was at first created by the touches you received early on in life, it further developed by the interactions with others throughout your life and by the confrontation with the social/cultural images that told you who you should be and what that should look like. Pfew, quite a definition. But what does that really mean?

Basically it means that life has shaped the way you perceive your body. A child who is touched with great care and love will develop a different perspective of what its body is like as a child who is neglected or beaten. The latter child will be more likely to disassociate from physical experience as its needs for care and protection were not met. Another response can be that it will continue the cycle, through seeking negative attention, to have its presence confirmed. These are some examples, some extreme ones.

Overall we have a myriad of early experiences (like that aunty who would always come kiss you when you didn't feel like it) and these impact how you discovered your physical boundaries, feelings of pleasure, and even the language associated with your body. A personal experience of this was that from early on I was called 'chubby' and I imprinted on that label. In my perspective this was a key element to the blueprint for my body. This does not mean however that every child who we lovingly call chubby will have that same response, but it is important to be aware of the body related language we use around children. Also when it comes to your own body.

And slowly we grow up and our world gets bigger and will involve more people. People with their own early imprints and characteristics. We will reach out to them to meet our needs and it is in their responses that we read new messages concerning our body and its effect on what we are seeking. Like the young teenage girl who is so tall that the boys feel awkward to ask her to dance, so she starts stooping to become more attractive to them. She may start to believe that being a tall woman will keep her from finding love in life. Or she stoops not to stand out so much, which may translate in a believe that she needs to compensate her height by not standing out in other areas as well.

You see, there is no written handbook of what will effect you and how you will interpret the things you encounter. That is why it is only you that can make this journey of discovery for yourself. You are your own guru, expert, saviour. I kid you not!

What is a body

Exercise 4 (video instruction – part 1)

- Step 1: Gather your materials and clear a space on the floor somewhere. Put on some relaxing music.
- Step 2: Draw your body on the sheet of paper. Take your time to really connect with what you are putting on that paper.
- Step 3: What parts of the body do you like, are you proud of, do you get complimented on? Write these on the drawing connected to the part it refers to.
- Step 4: Where in your body do you hold strong memories (ie the belly that gave life to your children, the broken tooth from that accident). Again, write it down and link it to the body part.
- Step 5: Who are you connected to and where does that connection come in to your body? As you draw this (remember to name the person) also look at how you visualise the difference in intensity or how strong the hold is.
- Step 6: What worries house in your body and where can you feel them? Again, please draw.
- Step 7: Indicate where the following can be found in your body – love, courage, strength, peace/silence, forgiveness, anger, fear and shame.
- Step 8: Now watch part 2 of the video instruction please.

So what is a body?

Well done you, that was a lot of work and I am sure that not all of it was pleasant.

By now you understand that the body is simple and complex at the same time. In doing the exercises you have looked at your body from different perspectives and perhaps had new insight or maybe there is some more structure to what was already there. It is important to deeply know and understand that anything you have brought to the surface is just as it should be. No judgement of it, please do not do that to yourself. Instead be in awe, because it is amazing that you have the ability and willingness to look at this and make your own decisions about how this is going to affect you. Ok that might seem cryptic right now, but know this: nothing hidden can be healed.

Here is your homework for the coming days: self-care!!

Yes, you may be curious and enthusiastic, or impatient and raw, but I urge you to take a break from the work for a few days. Let it sink in, settle. And while this is happening, take extra care of yourself. As you shower (or are you a bather?) be aware as you wash your body. Touch it gently, consciously observing it, keeping it warm and taken care of. Feed your body with nourishing things, laugh and feel the joy in your body, make love (solo-sex is fabulous too) with abandon. And I shall say it again... shake that ass ;-)