

BODY NEUTRALITY MIRROR EXPOSURE

OBJECTIVE:

Separating judgements about our body from fact, can help us shift towards more body neutrality.

INSTRUCTIONS:

After completing the Cultivating Body Neutrality, speak with your Dietitian and/or therapist to determine if this activity is safe/comfortable for you to proceed with independently, or if you would be better supported by completing it in session.

To begin, stand in front of a mirror in clothing that is comfortable but allows you to see your body shape/outline. Begin with your head and work your way down your body, neutrally/ objectively describing each body part. Engage with the different parts of your body using your eyes as you forgo judgment.

You may wish to have your Cultivating Body Neutrality activity handy, in case you get stuck or find more judgements coming up. If you experience distressing thoughts or feelings, feel free to skip over certain body parts or stop the activity all together.

REFLECTION:

After completing this meditation/ mirror exposure, consider the following:

- How has this meditation practice influenced how you think, feel and/or see your body?
- How has this meditation practice impacted your behaviours towards your body, if at all?