

Body Self-Esteem

1. What parts of my body do I have trouble accepting?

2. Who were the people in my life who “put down,” shamed or caused harm to certain parts of my body?
How did they do this?

3. Am I experiencing anger, fear, sadness, disgust or other feelings toward certain parts of my body?

4. If I were to talk to those parts of my body, what would I say to them? What would those body parts answer back to me?

5. How do I think God feels about those parts of my body?

6. What would enable me to forgive those parts of my body that have caused me shame or pain?

7. What would enable me to forgive the people who shamed or hurt my body?

Complete these statements at least ten times each:

When I am being hugged, I think....

When I am given affection, I feel....

When I want some attention, I usually say....