

SIDE BY SIDE

NUTRITION

BODY EXPOSURE IMAGERY

Adapted from Alana's Body Embrace Program

OBJECTIVES

By imagining yourself in front of a mirror and scanning through the body, you can use the imagery exposure as a stepping stone to feeling more moments of body tolerance and acceptance. *Use your own judgment and discretion and the support of your treatment team to proceed with this activity with caution in order to feel safe, to stay in your window of tolerance, and to assess if this is right for you.

INSTRUCTIONS

In your mind's eye, imagine yourself standing in front of a mirror where you can see most of your body. Let your eyes come to a rest upon your own eyes. Take three deep, slow breaths. As you pull the air gently into your body, and as you gently push the air out, notice the black of your pupils, and the colors that's around them, the curve of those colors. And breathe.



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Take a moment to broaden your awareness to the whole of your face. Notice the frame of your face. Your hairline around to your jaw. Let the details of your face feeling. Notice the curves of your forehead, your cheeks, your chin, your nose, and your eyebrows. Notice the hollows that's around them. And finally let your attention come to rest on the peaks of your lips nestle there between your nose and your chin. And breathe.

And on your next breath, guide your attention down your neck and out into your shoulders. Notice the slopes that connect your arms to the rest of your body. And breathe.

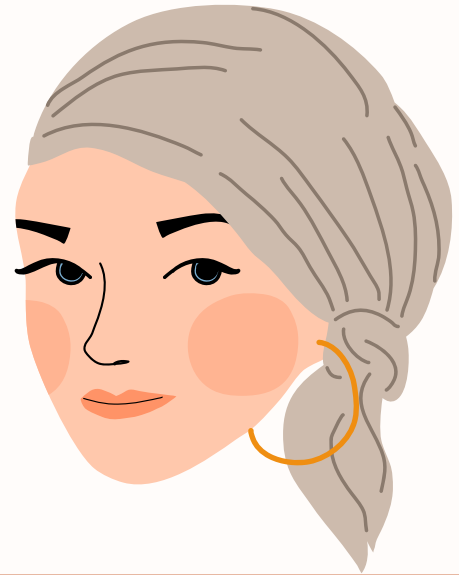
Now gently let your attention flow down your arms, noticing the lines and curves that make up your arms, flesh around bone. Let your fingers spread wide as you notice each individual finger before guiding your attention back of your arms in around your shoulders. And breathe.



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Take a moment to notice the movement in your chest and belly as you breathe. Watch them rise and fall as your breath as you notice each individual finger before guiding your attention back of your arms in around your shoulders. And breathe.



Take a moment to notice the movement in your chest and belly as you breathe. Watch them rise and fall as your breath flows in and out. Let your attention trace the sides of your body, noting your edges, the places where you stop. And breathe.

And on your next breath, wrap your awareness gently along your hips, around your bottom, under and back around. And breathe and gently, gently guide your attention along your thighs from the inside around the front and the sides of your thighs. And breathe --and as you breathe, gently let your attention come to rest on your knees. Notice the way they interrupt your legs, transitioning from thighs to shin. And breathe.



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Take a moment now to let your awareness flow down your leg along the shinbone. Let yourself notice your calf muscle spreading behind the bone, the curve it brings to your leg. And breathe. Now gently shift your attention into your ankles. See if you can't trace the bands that protrude to allow your ankles to bend and twist. And breathe.

That your attention drift along the tops of your feet take a moment now to shift your attention into your toes, one by one, from the smallest to the largest out. And breathe.

With your final three breaths, let your eyes come to rest again on your eyes, but this time, see if you can't expand your awareness out to take in the whole of your visual experience of yourself right now. From the very tips of your toes to the very top of your head, take a moment to be still and see yourself. Let your eyes come to rest again on your eyes, but this time, see if you can't expand your awareness out to take in the whole of your visual experience of yourself right now. From the very tips of your toes to the very top of your head, take a moment to be still and see yourself.

