

Exploring your Body Image Story/Journey

Helpful for those who are exploring their body story, and for those who enjoy artistic expression.

Create a flower or tree to represent your body story. The purpose is that it offers a representation of another living and growing entity.

This activity is not about being a “good” artist but is simply a way to explore our current relationships with our bodies and to gather information for our work together.

Roots: First you’ll draw the roots. These represent the messages you received about your body growing up. You will draw the roots of your paper and explore the primary messages (both supportive and harmful) that you were given about your body from family, friends, your community, TV, magazines, etc. throughout the early part of your life.

Stem/trunk: Next you’ll draw the stem or trunk of your flower or tree. This is where you can add how you feel about your body today. How do you relate to your body now? What messages do you get from the outside world about your body right now? What messages have you internalized and say to yourself about your body?

Flower/leaves: Finally, you’ll draw your flower/leaves. This is where you will represent how you want to feel about your body. What would a peaceful relationship with your body look like? How do you want to feel about it? How would you like this relationship to blossom?

Some people like to draw their flower (or tree) without adding words; others do the whole activity in words. And some combine images and words together. As mentioned earlier, do what feels best to explore your body story.

(Adapted from *The Body Positive*)