

MIRROR WORK WITH A



GRATITUDE BODY SCAN

(Stice et al.)

SIDE BY SIDE

NUTRITION

BEFORE YOU BEGIN:

Use your own judgment and discretion and the support of your treatment team to proceed with this activity with caution in order to assess if this is right for you, to feel safe, and to stay in your window of tolerance.

OBJECTIVES:

Gratitude can often be used as a pathway into more moments of body acceptance. This exercise allows you to begin to develop and experience more moments of body acceptance through gratitude work in front of a mirror.

INSTRUCTIONS:

To begin stand in front of the mirror in the least amount of clothing you feel comfortable. In this exercise you will scan through your body parts in the mirror and state at least one thing that makes you grateful for that body part. You may notice negative thoughts creeping into your practice. If this happens, it's ok. Just allow those thoughts to be there and continue to focus on the task at hand. If the negative thoughts feel too distressing, stop this activity. Use your judgement to skip over any body parts that cause you to feel too uncomfortable and distressed.



SIDE BY SIDE

NUTRITION

Start with your feet - bringing a measure of gratitude to your feet. For Example: Your feet have such a small surface area yet they hold up your entire body all day long. They work hard for us although we rarely pay any attention to them. If your feet feel good today, you can also extend gratitude for the discomfort that you don't have.

After you have given grateful awareness to your feet, continue moving slowly to other parts of your body, right up to the crown of your head: ankles, calves, thighs, buttocks, hips, stomach, waist, hands, wrists, arms, shoulders, neck, chin, teeth, mouth, nose, eyes, skin, and hair. As you move from one part of your body to another, returning your awareness again and again to whatever sensations are present at the moment, making sure to bring gratitude to each body part. For example, reminding yourself how hard your stomach works to digest your food, the effort of your neck holding up your head, and the way your eyes and ears guide and inform you all day long.
