

Body Relationship Re-Evaluation Exercise (BRRE)

Developed by Kat Eckhart

The BRRE is a journaling exercise to help you examine your relationship with your body and get you more familiar with your underlying beliefs that shape how you move through the world.

The purpose of this exercise is to:

- Acknowledge and become aware of your body-centered beliefs.
- Expand your perspective about the narratives available to you.
- Experience gratitude for what you've been given.
- Achieve a transformation in how you view your body (if desired).

Some suggestions before beginning the exercise are:

- Set aside enough time and feel free to return to the exercise if needed! Take breaks whenever you need.
- Try to focus on the questions without going down other paths. Jot down any other thoughts or curiosities to return to at another time.
- Practice non-judgement with yourself and your thoughts within this exercise.

BRRE

1. Where do you stand with your body?

- a) What words come to mind when thinking about the body? Feelings?
- b) How does it feel to care for the body? What do you do? What don't you do?
- c) When do you check in with the body? Just when you have pain?
- d) How would you describe the way you move through the world in your body?

2. What are your criticisms, limiting beliefs, and negative perceptions about your body?

- a) List them, thinking about specific areas of your body. What are your thoughts and feelings around those areas? What stories do they have?
- b) Think about where those criticisms, limiting beliefs, or negative perceptions came from? Who taught you, where did you learn this? Observe - try not to pass judgement at this time, just be curious, interested. (This step is ongoing - we are getting body messages all the time and everywhere)

3. Based on the last exercise, is there anything that you'd like to challenge now?

What thoughts or perceptions aren't serving you? Are those criticisms even "true" or just true based on your and/or some others' perception?

4. Think for a moment about someone else coming to you who has the opposite point of view about that criticism, belief, or perception.

- a) What would they say to argue their point of view, what evidence might they point to? Do this for each criticism, limiting belief, or negative perception.
- b) What would it feel like to really accept their beliefs? Would anything in your life change? What would change?

5. Now that you've listened to some different perspectives, take another look at your criticisms, limiting beliefs, negative perceptions and revise those statements.

- a) Revisions may look very different from each other. Focus on empowering yourself and recognizing your gifts. Notice when you'd like to take action on something. Note that it's not vain or necessarily negative to want to change something about your appearance. Just make sure *you* want that.
- b) Keep returning to your revised statements. Revisit all of step five in a few weeks to revise further.
- c) Examples of revisions: "I have weak wrists" becomes "I have smaller wrists and hands. They aren't weak; they do a lot of work for me! I need to be mindful of lifting heavy things or quick movements with them, but I can let go of the idea that they are just weak. I even rock climbed regularly with them." Ex: "I have fat thighs" becomes "I don't have fat thighs. They are neither fat nor skinny - they are in between." Ex: "My skin is bad and full of acne" becomes "I have acne sometimes, but it's not that bad actually. My skin has good features that I'm overlooking. It bounces back from injury really quickly. I'd really like to take care of it more by _____ and highlight my natural attributes by _____."

Remember:

Your body deserves love from you.

Your body deserves praise from you.

Your body deserves gratitude from you.

Your body is you.

Treat your body as you would treat a cherished person. You'll be together for at least all of this incarnation.

6. Take a moment to send love to the parts of your body that most need it. If possible, put your hands over places that need gratitude.

Can you make this a daily practice? How about before, during, or after a shower, washing your face, exercising, or falling asleep?

Optional: If there's a criticism, limiting belief, or negative perception that you want to remove, but you are having trouble getting rid of it, you can write it as a statement on a small piece of paper (or bay leaf if you can fit it on one!) and ritually burn it.

After that is done, practice writing and reciting the more positive thought/belief that is taking the old thought's place. Combine this with any gratitude practices.

Return to this practice as needed!