

THE STORY OF YOUR BODY

A Short Writing Exercise

1. Write the story of your body in **five sentences** (*there are limitless stories to be told; just write what feels true in your body.*) Consider stories of your **past, present, and future** body.

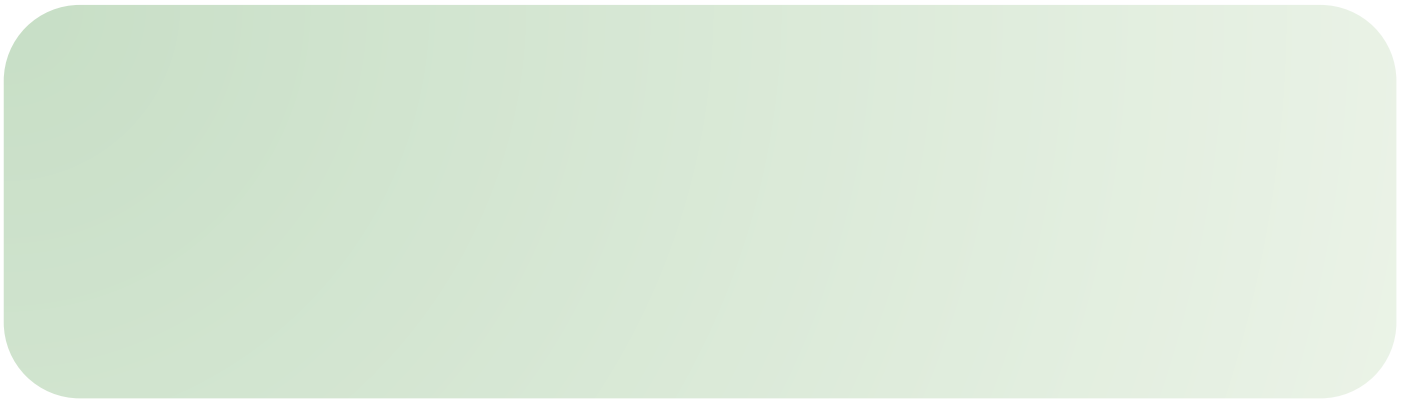
2. Next, **read over** what you wrote and **notice** what stands out to you.

3. What do you have a **reaction** to? Notice any **physical sensations** in response to what you wrote.

4. Now, write that story in five more sentences.



6. **Repeat** this process a couple times over,



7. **Reflect** on what you experienced and noticed in your body as you practiced this exercise.

