



The Story of Your Body

By Lauren Van Vranken, Ph.D.

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.

A large, empty, light green rounded rectangular box intended for writing the story.

5. Repeat this process a couple times over,

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

A large, empty, light green rounded rectangular box intended for reflection.

