

WEEK 5

SMART Goal for the Week Ahead (Body Image Related):

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Weekly Reflection: We Are Not Our Beliefs

Modified from: Taylor, S. R. (2021). The body is not an apology: The power of radical self-love. Berrett-Koehler Publishers.

Destroying the system of body terrorism requires an investigation into our unconscious beliefs about other bodies. Remember, we are not our beliefs. We can examine them without judgement and shame. From a place of curiosity and compassion, explore the social, cultural and political messages you have received about the bodies listed below. How have those messages informed your relationship with those bodies?

- Fat bodies
- Bodies of other races
- Lesbian or gay bodies
- Transgender and nonbinary bodies
- Disabled bodies
- Aging bodies
- Bodies with mental illness




