

WEEK 6

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

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M	
A	
R	
T	

Weekly Reflection: Unpacking What You've Learned

Modified from: Kinavey, H. & Sturtevant, D. (2022). Reclaiming Body Trust: A Path to Healing and Liberation. TarcherPerigee.

The past five weeks of this group has explored common, and typically unchallenged, thoughts regarding health, weight, and bodies in general. It will take some time to unpack all that has been discussed and let it settle into your bones, especially if you've been relating to food and your body in more mainstream ways for a long time. Here are a few questions to explore:

- What have you gained by conforming to these social constructs? What's been lost?
- How has not knowing this information "held you back and held you down"?
- Who benefits when you are distracted by mainstream ideas surrounding weight, health, and fatness? Who makes money off your shame?
- Who are you allowed to be when you realize society is the problem, not you or your body?



