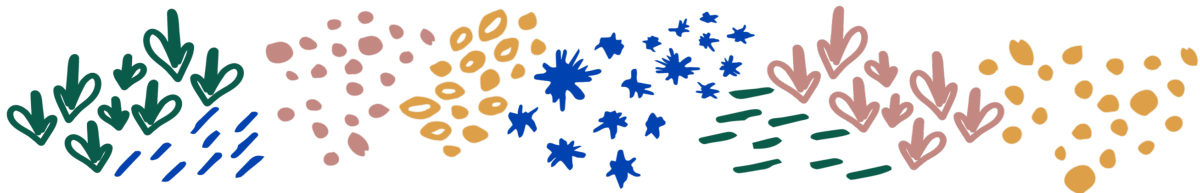


Center for BODY TRUST 

AN EXPLORATION OF BODY TRUST®

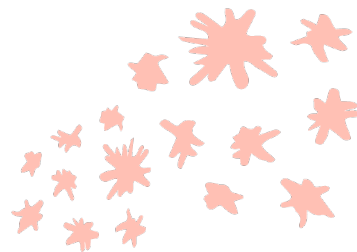


We believe Body Trust is a birthright. This workbook is an invitation to explore a holistic and powerful framework for liberating our bodies and ourselves. We hope it opens up a path forward.

Hilary & Jana

HOW TO USE THIS WORKBOOK

- 👉 Print the workbook and gather your favorite pens.
- 👉 Plan a date with yourself for this process. Make adequate space for it so you can work through all of it. 45 minutes will do; an hour or more would really give you time to think and reflect.
- 👉 Find a safe and comfortable space. Settle in. When you are there, ask yourself, “How can I make myself just a little bit more comfortable?”
- 👉 Let go of judgment. Notice thoughts that might say “I know this already.”
- 👉 Listen to the answers that arise from your mind and your body. Avoid the desire to filter.
- 👉 Watch for when you feel the truth emerging.
- 👉 Trust yourself and your intuition.
- 👉 Most importantly, enjoy this time with yourself.
- 👉 Before you begin, close your eyes and take a few deep breaths.



If you have chosen to receive this, you might be feeling curious, wondering if our Body Trust approach—an approach that supports body liberation, emphasizes healing over fixing, and trusts the wisdom of your body—could possibly be for you.

We know you have put more energy in the form of **thoughts, worry, hope, and fear** into your body and weight than almost anything. We know you've tried hard and acknowledge you may not be sure you've tried hard enough. We want you to know that things can be different, but only if you try different, not harder.

FIRST THINGS FIRST...



Most of us are born feeling at home in our bodies and somewhere along the way, we become disconnected from our bodies and move like floating heads in the world. Understanding what has come between you and being at home in your body, and how you lost trust with your body is a core phase of reclaiming Body Trust. We all have a body story—the story of what it has meant to live in our body.

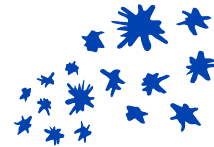
What has come between you and being at home in your body?

How did you lose trust with your body?

How did you come to learn that your body was a problem? What experiences lead you to adopt “the body project”?



Make a quick list of all the things you have done to try to change the size of your body. If you can, fill the page. (If you want, you can burn it later!) Examples might be traditional diets, non-traditional plans, workouts, prayers, cleanses and fasts, discussions, medical procedures, depriving thoughts, books, pills, laxatives, etc.



After making the list, name all the feelings you have when you look at it. It would be typical to notice things like frustration, anger, or disappointment, and it might be harder to name things like shame or self-blame.

NOW THIS IS AN IMPORTANT QUESTION TO CONSIDER: Have you ever blamed “the plan” – the things on your list above - for not working? Or have you always blamed yourself?

Most people blame themselves. In fact, many people believe they need to blame themselves in order to feel motivated and try again. The startling truth is the diet industry is a \$70 billion dollar industry with a 95% failure rate. There is no evidence-based treatment that leads to sustainable weight loss. The most consistent effect of weight loss at two years is weight gain. Businesses that say they know how to help you lose the weight for good make money off your shame. They depend on you blaming yourself so you’ll keep coming back for more.



MANY PEOPLE IDENTIFY WITH THIS CYCLE OF DIETING.



What's it like to take a step back, pause, look at this cycle and realize the repetitive nature of it all?
What feelings come up?

WE WANT YOU TO KNOW THAT THIS ISN'T YOUR FAULT.

People who repeatedly restrict and restrain their food often experience a “diet backlash” – increased rigidity regarding good and bad foods, restriction leading to increased bingeing, reduction in trust of self with food, feelings about not “deserving” food, social withdrawal, and shortened duration of dieting episodes. When you first got started, you were likely able to follow a plan for six months to a year. Now, most of the people we work with say they can tolerate a few minutes to a few days before they just cannot take it anymore. We want you to know that the reduced tolerance to food restriction is a sign of health. Yes, health!

You are not broken!

BODY TRUST IS A HEALING MODALITY—a way out of the predictable, repetitive pattern of dieting, disordered eating and weight cycling fueled by shame, trauma, and body-based oppression. Body Trust is greatly informed by liberatory frameworks and methodologies including Bobbie Harro’s Cycle of Socialization and Cycle of Liberation, Barbara Love’s Liberatory Consciousness, Desiree Adaway’s Praxis of Liberation, as well as Niva Piran’s Developmental Theory of Embodiment, Health at Every Size® Tenets, intuitive eating principles, shame resilience theory, and self-compassion theory.



TO BEGIN TO HEAL, start by calling out diet culture and keep laying down your thoughts about weight and health.

Diet culture conflates size and health, pathologizes our bodies based on weight, makes thinness a gatekeeper for jobs/benefits/comfort/accommodation, and encourages the following of external rules about what, when and how much to eat. Virgie Tovar says:

“HUMAN BEINGS NEED FOOD AND MOVEMENT TO SURVIVE. DIET CULTURE STEALS FOOD AND MOVEMENT, DEEPLY PATHOLOGIZES THEM, AND THEN COMMODOFIES THEM AND SELLS THEM BACK TO US.”

Here are just some of the things people do when participating in diet culture. Circle the ones you identify with:

Calorie counting

Judging a day of eating as good/bad

Making up for eating with exercise

Weighing/measuring your body and/or your food

Thinking thinner is better

Reading and researching weight loss plans

Apologizing for your behavior and body

Waiting to live your life until your body changes

Believing larger bodied people are doing things wrong and smaller people are doing it right

Bonding over weight loss strategies

Upholding narrow beauty standards

Keeping uncomfortable clothes around for “motivation”

Prioritizing your restrictive eating plan or exercise routine over your social life

Feeling like you are always hustling

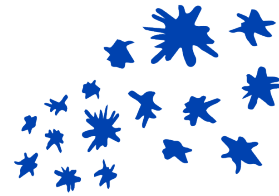
Hating yourself for not succeeding

What are some other ways you currently participate in diet culture?



BODY CHECKING behaviors tend to hold us hostage to the preoccupation with the thin ideal. How do you currently “check your body” to see if it’s okay?

- Stand naked in front of mirror
- Step on the scale
- Step on the scale daily
- Step on the scale multiple times a day
- Feel your body for bones or fat
- Obsess about bloat
- Scan a room and compare bodies
- Measure body parts with hands or tape
- Other:



Body shame, dieting, and disordered eating harm us in so many ways. We lose confidence in our ability to make good choices for ourselves as we continue to spin in an endless, predictable cycle. Over time, trust in ourselves and our bodies is destroyed, and we end up feeling more disconnected from our own experience.

If you are looking to change this predictable pattern, we’d like to show you a path to healing and liberation.

We want you to know it is possible to regain the trust you once had, and that your body can become a safe and welcoming home over time as you heal.

LET’S EXPLORE...

BODY TRUST IS WEIGHT-INCLUSIVE, meaning this work is for all bodies. There isn’t a different set of rules for you, no matter how much you might feel different, isolated, broken, or in need of fixing. We want you to know *we trust your body*, regardless of your size. More importantly, we trust you with your body. No exceptions.

How has your body, just as it is, helped you survive in the world?



What are some ways your body shows up just for you?

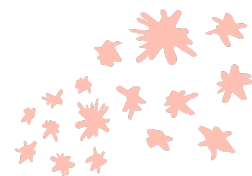
If there were to be no more judgment about your body - from yourself or others - what would you want to do to care for yourself? (We know it can be hard to imagine a world without body blame, but just try.)

What would you want to do more of?

Less of?

What would be possible if you decided the end the cycle? Place some thoughts here. Make a list.

How would it be like to feel free from this?



Now consider what your life would be like a year from now if you continued doing the same thing expecting different results?

What about five years from now?



BODY TRUST IS REPAIR WORK. You are healing your relationship with food, your body, and yourself, and repairing the damage done living in a body oppressive world. Just like when you've lost trust in any relationship in your life, it takes time to get it back. You are not going to just say, "Okay, I'll trust you now." Trust is earned through small, consistent acts over time. When it comes to Body Trust, this trust is reciprocal—you are working on trusting your body and your body is working on trusting you to give it enough to eat consistently and predictably. You cannot repair your relationship with your body by using a plan to make it into what the dominant culture thinks your body should be.

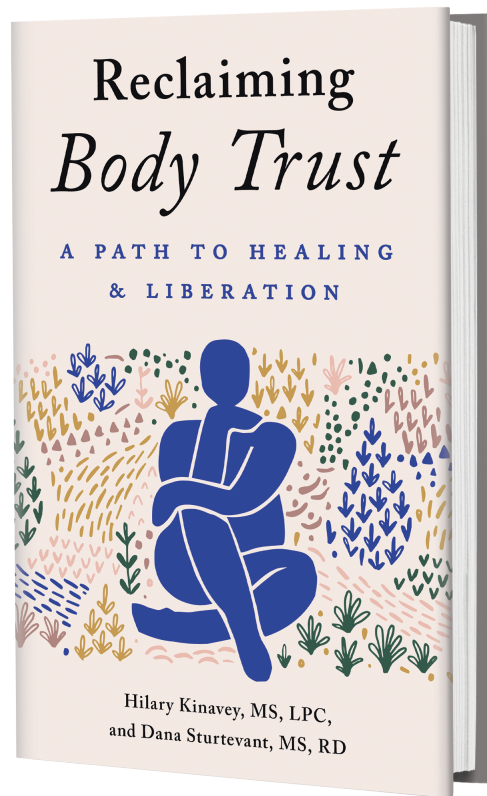
If you lost trust in another relationship in your life, what would you need in place to rebuild trust?

What would you like your relationship with food to be like? To feel like?



BODY TRUST IS A RADICALLY DIFFERENT WAY to occupy and care for your body. It is a pathway to reclaim your body and is completely counter to conventional “wisdom” about food, body image, weight, and health in our culture. Body Trust is paradigm shifting work that invites bravery and fierce body compassion.

RECLAIM THE BODY TRUST THAT IS YOUR BIRTHRIGHT.



Our book, *Reclaiming Body Trust*, invites you to break free from the status quo and reject a culture that has profited from trauma, stigma, and disembodiment, to fully reclaim and embrace your body.

Informed by the body stories of the hundreds of people we have worked with, our book delineates an intersectional, social justice–orientated path to healing. You’ll learn more about our Body Trust framework and discover a pathway out of a rigid, mechanistic way of thinking about your body and into a more authentic, sustainable way to occupy and nurture our body.

ORDER THE BOOK
centerforbodytrust.com/book



SO, WHAT COMES NEXT?

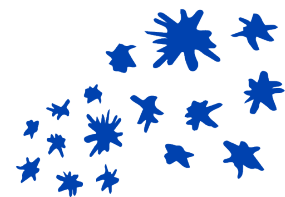
BODY TRUST IS A PRACTICE. So much of what we desire to bring into our lives takes time and practice before we can fully embody it. Body Trust is not a new plan, a gimmick, or a short-term solution, nor is it something you can rebuild simply by reading about it and understanding it intellectually. To divest from diet culture and sink your roots more deeply into body trust, you will need to take risks and work the edges of your comfort zone as you experiment with and practice a different way of relating to food and your body. And just like when you are learning any new skill, it will be awkward, bumpy, and clunky. You may feel like you are flailing without the rigidity and rules of a plan. If you allow your inner critic to spin these challenges into a story about how you “are broken” and “you’ll never get it right”, you will abandon this work for a familiar program that helps you feel more contained from “the messiness”. You may wander and then return. This is what it looks like to practice. It will get easier if you keep going.

Body Trust is not necessarily a place we arrive, but a connective energy we cultivate. It is most certainly an endeavor for a lifetime, and just as our bodies will not stay the same for a lifetime, our practice will shift and change to rise and meet our evolution.

What calls to you after reading through this workbook? Why?

What would life be like if you were to try different instead of harder?

Finish this sentence: My greatest hope for myself is...



If you could start by trying one small new thing, what would it be?



READY TO MOVE FORWARD?

Our book, *Reclaiming Body Trust: A Path to Healing and Liberation*, is a great place to start. If you like online programs, our Body Trust e-course “*No More Weighting*” is a six-week e-course to help you rebuild body trust, rethink what the “problem” really is, and create a path that honors your physical health and emotional well-being.

You can purchase the book, read more about all our offerings, and visit our online store, at:

CenterForBodyTrust.com



ART by Jennifer Price Davis

