

**Feel Comfortable and Free  
in Your Body**

**On average, women have 13 negative  
body thoughts a day.  
That's nearly one for every waking hour.**





Image: The Inclusion Solution

# Some of the thoughts...

- I'm too fat/too skinny
- I'm ugly.
- I'm unattractive to possible partners.
- I have no boobs/my boobs are too big
- My [hips, stomach, arms, calves, nose, etc] is too big/weird

# Some of the feelings...

- Self-conscious
- Disgusted
- Uncomfortable
- Insecure
- Jealous of “beautiful” girls or women

# Things we do when we feel that way...

- Wear loose clothing to try to hide our bodies
- Avoid taking photos
- Judge other women's bodies
- Avoid shorts or sleeveless tops or swimsuits, even when it's hot...

# More things...

- Avoid tucking in shirts
- Avoid trying to look cute because what's the point
- Wear dark colors
- Constantly pull shirt down or away from belly

Have you ever  
looked back at  
photos from  
times when you  
fully remember  
**HATING** your  
body....





And realized that you actually looked JUST FINE...and maybe even quite beautiful?



Me, at 4 or 5  
years old,  
becoming  
aware that I  
was “fat.”



Me, during  
high school  
drill team  
years, feeling  
like “a cow.”



Harriet

(At age 18, at sea in  
the Channel Islands)

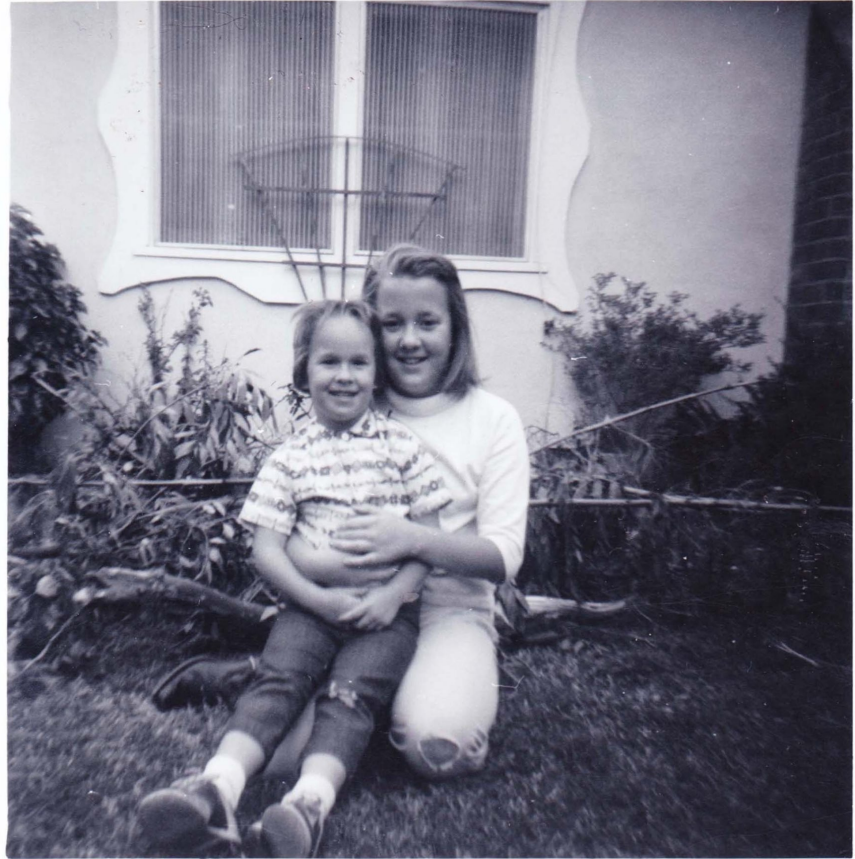
“I constantly felt I was  
hopelessly  
overweight, nothing  
to look at and that I  
was just too weird for  
anyone to take me  
seriously...”






# Phoebe

Me with my little sister when I was about 11. I felt very fat and ugly at this time in my life. My best friend's older brother would tease me and call me fat. I can still feel that looking at the photo, but I can also see a perfectly fine preteen kid.



The background of the slide is a light cream color, decorated with numerous small, five-pointed stars. The stars are in various shades of blue, ranging from light sky blue to deep navy blue, and some are a soft grey. They are scattered across the entire frame, with a higher density in the corners, creating a dreamy, celestial atmosphere.

And how many  
special events  
in your life  
have been shadowed by  
body image self-torture?

# Tash

I had to swap my dress for this wedding because the one I picked wouldn't zip.

I was so embarrassed and ashamed and there are only THREE photos of me at the whole event. Now it's one of my favourite photos.

I WISH I COULD GET THAT BODY BACK!

Omg.



## Tash #2

And on this day I had to wear spanx because my tummy showed if I didn't and I felt soooo self conscious and uncomfortable all dang day in the heat.

LOOK AT HER!!!! Lol.



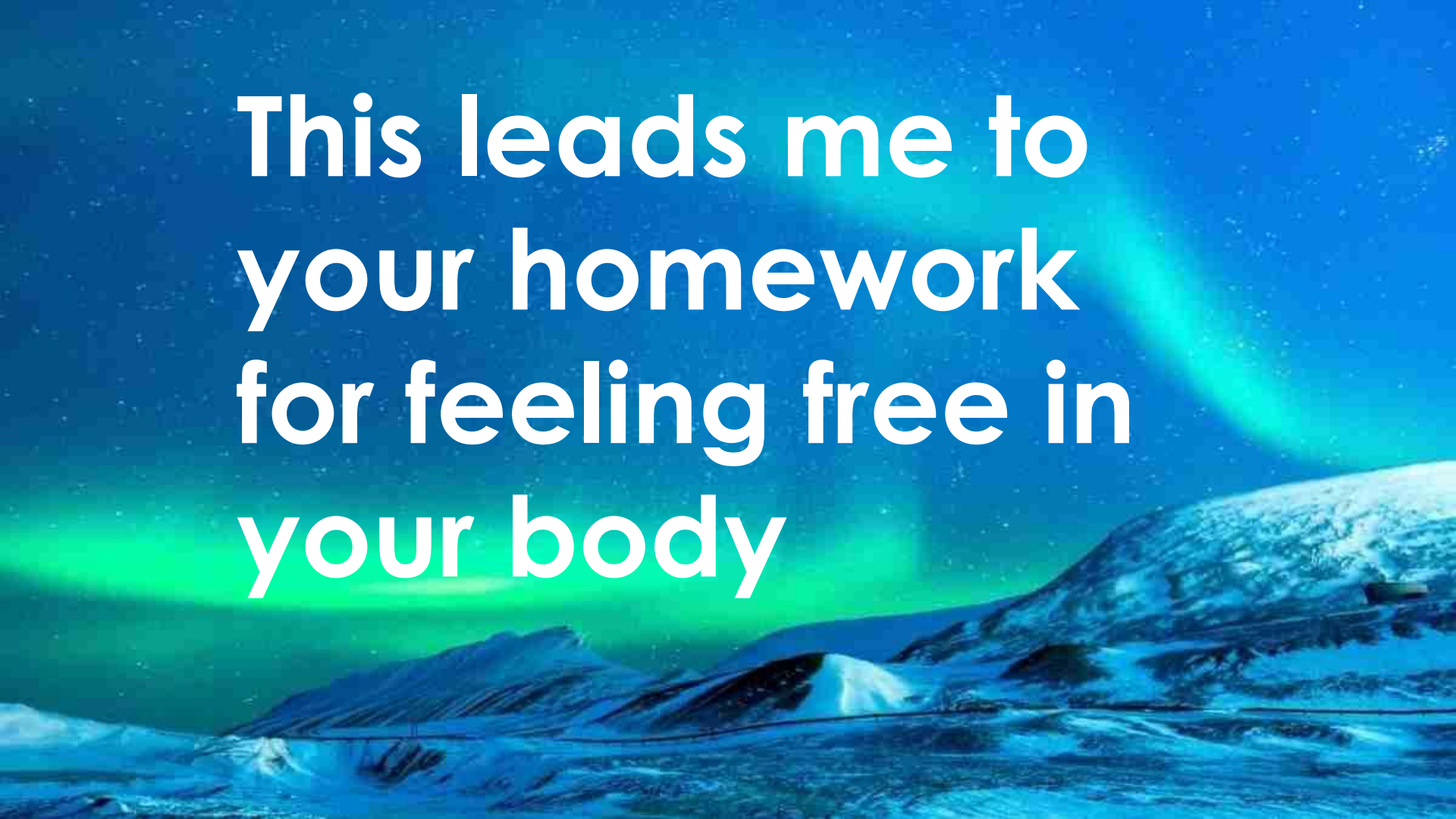


# Charlotte

Notice that I am holding a baby, covering as much of myself as possible, and NOT smiling. My husband wanted this picture taken, and was fairly assertive (insistent!) about it. After spending my high school years as a very chubby girl, I had lost weight and gotten into shape in college, and was in the best shape of my life right before I got pregnant. I was disgusted with myself after I had the baby. If you can't tell, I was not happy in this picture. Or I was not happy the picture was taken. When I look back on it, I think that we are all perfectly lovely, and I am so grateful that my husband was uncharacteristically insistent. It's one of my most cherished photos.



**This leads me to  
your homework  
for feeling free in  
your body**



The background of the slide is decorated with various heart-shaped cookies and candy hearts. There are three large heart-shaped cookies: one in the top left with white icing and red swirls, one in the middle right with pink icing and red dots, and one in the bottom right with pink icing and white swirls. Scattered around these are numerous small candy hearts in red, pink, and white, some with messages like "I LOVE YOU" and "BE KIND".

## #1 Letter to your younger self

Recall a day when the body hate was running high. Write a little letter to your younger self from the perspective of a kinder, wiser, older friend who loves her. What would you say to her?



## #2 Letter from your 90-year-old self

Write a letter from your mega-wise and loving 90 year-old-self to your present self. What would she tell you about your body now? What advice would she give you?



### #3 Practice not hiding

Try wearing a color or style you usually shy away from because you think that someone with your kind of body doesn't look good in that.



Madeleine Ours (left) and Alexis Rackley

Tamara Beckwith/NY Post; Alexis Rackley

## #4 Practice being in pictures

Try getting in the shot when photos are being taken, even when it feels uncomfortable....**Especially** when it feels uncomfortable.

Q & A