

## **Practice- Embodying Self-Compassionate Phrases**

Close your eyes and take a few release breaths. Call to mind the last moment of Dysregulation you had with food and/or your body image; perhaps you can feel that internally right now.

Place a hand somewhere on your body that acknowledges this internal feeling of dysregulation. Where in your body can you recognize this distress?  
Place a hand there and just listen to the following statements:

This is a moment of dysregulation.  
May I be gentle with this moment.

Dysregulation happens! Not just to me but to everyone. We all have these moments.  
May I be gentle with this moment.

How can I bring just a little bit of comfort to this moment? What can I do for my body that may help? What can I remind myself of? What can I touch or see right now that would help me return to steadiness?  
May I be gentle in this moment.

What do I, or could I, imagine the grounded, regulated part of me saying about this moment? If this is hard to come up with right now, then imagine what I'd say to a friend who is having a tough moment like this? What can I imagine myself saying to this friend?  
May my words be gentle.