

## **Practice: In This Moment, With These Feelings**

Close your eyes or keep them open to a soft, fixed gaze

With your next breath, recall your last moment of having fun or what you would call your last moment of joy. Something simple that may have brought about a laugh and/or a smile. Maybe it felt enlivening.

Explore the following questions:

Where were you?

Were you alone/with anyone? If so who? (person or animal)

What were you doing?

Was your body still or moving?

Were you engaged in something?

If so what was it? In what way was your body engaged?

Now consider in that moment, how present was negative body image? Were you focused on the way you look/ your image in the moment? What were you focused on instead?

Now consider your last moment of struggle and/or a challenging situation that brought along with it distressing emotions. Now consider in that moment, how present was negative body image? Were you focused on the way you look/ your image in the moment?

Is this emotion familiar? Is it present often? Fill-in the blanks below:

When I am feeling\_\_\_\_\_ I tend to believe I look \_\_\_\_\_