



My Healing Program

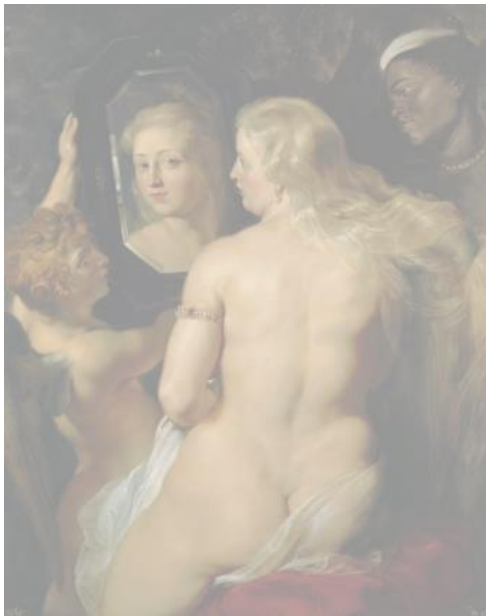
Body Image Activity

1 Who has the perfect body image?

In your opinion, who has the perfect body image?

Is there anyone in the world who thinks they have the one and only correct concept of what an ideal, perfect body image is?

There is no such thing. It exists purely in our own minds, and because peoples' mindsets have been programmed to think it exists.



If you think logically, there is no blueprint anywhere that shows what a perfect body image is. If you think rationally, is it not better to think of a fully functional body, rather than determining a perfect body based on measurements, clothing sizes, scales, or comparing ourselves to celebrities or models in magazines and the media? The same applies to our faces, any part of our body, or our full-length body image.

If we look back through the ages, artists like Peter Paul Rubens, Fernando Botero and Esraa Zidan painted exquisite pictures of women who, in today's terms, would be considered overweight. In those days, and for many people today, these ladies are beautiful.

It is only because we have become sensitized by many famous models over the past ten to fifteen years, who are much thinner than the ladies in the above-mentioned artists' paintings. This does not, however, mean they are any less or more beautiful, nor does it mean they are any healthier.

The above issues elicit the adage of: "**Beauty is in the eye of the beholder**", stated by the author, **Margaret Wolfe Hungerford**, in her book; **Molly Bawn**, written in 1878. It simply means everyone has different ideas of what constitutes beauty.

a) You may have an ideal body image you would like to see in the mirror – if so, what does it look like? Is it based on someone else's body? If so, who? Why?

b) What is better about this ideal body than yours? Why is it your ideal body image?

2 Is it you who thinks there is something wrong with your body, or someone else who has made, or makes negative comments?

This is an especially important question, so take a few minutes to think about it before you write down your response.



- Is it truly you who is unhappy with your body image or are other people putting pressure on you or making comments as to how you look, and how they think you **should** look?
- According to whom is there something wrong with the body image reflected in **your mirror**?

If it is them telling you to change something about yourself – any picture they have of the ideal body is in their minds, NOT yours. No-one has the right to inflict their ideas of how someone else should look .It is not their body.

However, if it you who doesn't like the reflection you see in the mirror, ask yourself why?

Really look at your reflection and ask yourself the following question.

3 What do you feel about your body?

- Has your body changed drastically from what it was before?
- What exactly would you like to be different?
- Is what you see reality?
- Is it possible it is your perception only?
- Is what you see bearable and you could change your mindset?
- Is it unbearable and must be changed?
- Why must it be changed?
- Is it for health or emotional reasons?



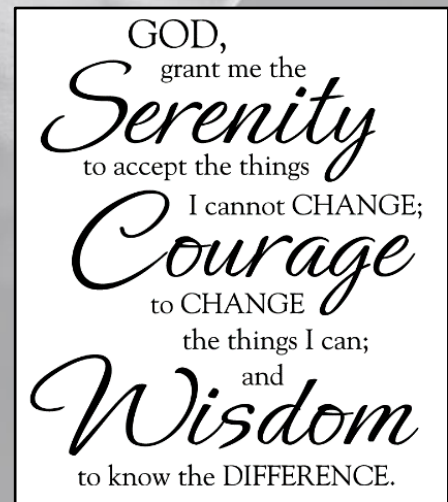
4 Has your body served you well?

- Is it your face or your body that you are not satisfied with?
- If it is your body, is it functioning fine?
- If it is your face, are you able to see, hear, smell, taste?
- Why then do you want to change it?
- Is what you want to change, possibly able to be overcome by realising it has served you well?
- Can you not learn to appreciate how good it has been to you?

5 Are your desired changes realistic?

Why do we ask this question? We ask it because there are some things that cannot be changed. An example of this is: we cannot change how tall or short we are. We cannot change our ethnicity. We cannot change how far apart or close our eyes are positioned. These are some examples, there are many others.

This is where acceptance comes in. To use an old saying, the Serenity Prayer, written by the American theologian, Reinhold Niebuhr (1892 – 1971)



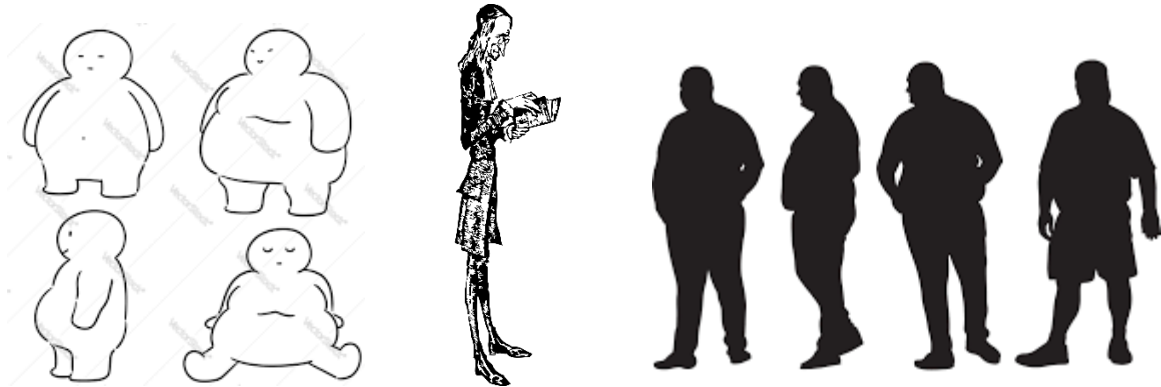
With coaching we can learn to accept what we cannot change

6 If you really want to change anything about your body, what is it?

a) If you've seriously asked yourself this question, you will have the answer at the ready:

b) Is there a potentially permanent change option such as plastic surgery, hair dye, contact lenses or other, that would resolve the issue/s?

c) Do you know and understand the potential risks involved if you were to undergo these changes?



d) Would you be willing to undertake these risks to change the parts of your body with which you are unhappy?

e) If Yes, why?

7 How would it make a difference in your life if you went ahead with the changes?

8 Will you have the dedication and commitment it takes to make the change?

Depending on the changes you need to make, it may take a lot of hard work and effort on your part. It may also take a few days / weeks, months or even longer to achieve your desired results.

This would depend on whether it is something you can change, or if medical practitioners will be involved, then there may be large financial commitments required.

This is the reason for these tough questions being asked. If you really want to make this change and it is achievable for anyone, you can do it.

9 If you choose to change it, and your mindset is realistic and strong, you will!

If it is realistic, you will do it, if your mindset is right. The realisation you need to have is that **you** need to do it, no-one else can do it for you. Even if surgical procedures are involved, there would be physical healing, and possibly rehabilitation to be done afterwards, through occupational therapy.

I can support you, guide you, help to inspire you, but I cannot do it for you. The commitment must be from your side. If not, no matter how hard anyone else works to motivate you and spur you on, your ultimate success and percentage of achievement in the pursuit of your changes, is almost entirely up to you.

10 Support whilst changing it

Should you feel you need coaching support through the process, or even before making any drastic changes to your body, please reach out to me at merrill@myhealingprogram.com.

This is not a light decision, so great thought and understanding is required. Through appropriate probing questions from the coach, you will realise that the success of changing it is in your hands and that the choice is entirely yours if you truly wish to make the changes, and you have determined that it IS your choice and no-one else's!

It is critical to realise the reason behind the desired change – if it is for others, it is unlikely you will be deeply committed to making the change, so it may not work, or you may feel resentful towards them once the changes have been made, because **you actually liked yourself the way you were**.

If the desire is from you, then the desire within you will be strong enough to achieve your desired outcome.