Healing Body Shame
Terminology

**Body Respect** is the place we can start from because it is available to us almost immediately, even if body love, acceptance and trust seem out of reach. The body is a loyal companion, worthy of respectful care simply because it has been with us on this journey from day one, tremendously resilient despite what has happened to it. You may not love the body you occupy, but are you willing to respect it? Appreciate it? Try to listen to it? Get curious about it?

**Body Acceptance** is the Zen of the practice; a place of equanimity that we return to again and again. We work with what is happening now and what is possible, resting on a belief in our inherent value and worth. This is a progressive experience. We start with focusing on the areas that are easier to accept, and then, when ready, work on the things more difficult to accept.

**Body Trust** is a practice of weight-neutral self-care. Cultivating trust with our bodies after a history of mis-trust can be likened to how you regain trust in any relationship—it takes time, lots of patience, and tiny consistent acts of care and kindness. Body trust practices involve learning to listen to the body's subtle and not-so-subtle messages, responding accordingly them, and cultivating faith in their inherent wisdom. Over time, we become more aware of the ways the body shows up for us every day, and in that awareness, we begin to trust its cues and rhythms.

**Body Love** is something we grow into over time as we develop respect, acceptance and trust. We might move in and out of body love, knowing that bad body days may still come and go. Our relationship with our bodies is an evolving one, as is any relationship, and falling in and out of love happens. Ultimately, body love is the celebration of all that our bodies are, the exquisite role they play in our lives, all they do for us, and all that is contained within them.

You can see the nuances and layers of healing body shame while living in a weight-biased world. It is an evolving and non-linear process with a lot to explore. You will be hearing more about these practices as we move through the program.