Exploring the Core Elements of a Body Trust® Practice

Here is a “cheat sheet” of questions that will help you explore Body Trust with the people you serve. This is not a definitive list, so you may find yourself adding to them as you practice talking about Body Trust (we’ve left you some space for your own). Focus on one area at a time or mix them up to meet your client in their own expression of the healing process.

**Root self-care practices in weight-neutrality**

- If you woke up tomorrow and lived in a weight-inclusive, body positive world (where you never had to worry about weight bias again), what would you want to do to take care of yourself? What would you do more of? Less of?
- If you used the idea of doing things for and with your body as a guidepost as opposed to to and on your body, what would shift?
- What are some self-care practices that you currently engage in that have nothing to do with the size and shape of your body?
- Your own:

**Externalize shame, blame and bias**

- What is shame? Where do you feel it in your body?
- Who are the people who’ve made you feel bad about your body?
- What businesses have made money off of your shame?
- How did you learn your body was a “problem”?
- Where do you see diet culture in your life? In the world?
- Your own:

**Explore, name, and reclaim your body story**

- How did you lose trust with your body?
- What experiences impacted your ability to feel at home in your body?
- How has your body, just as it is, helped you survive in the world?
- What are some ways your body shows up just for you?
- Who can you trust with your story?
- Your own:
**Look and listen to yourself with kindness and curiosity**

- What scares you about self-compassion? What has made it hard to practice?
- Who do you speak with kindly? What does that sound like?
- Imagine a picture of yourself as a small child - what does that child need to hear?
- When you stand back and listen to your self-talk, what do you notice?
- What are 10 things your critical voice has told you since you left home today?
- If someone you loved were sitting with you sharing the same painful (shameful) things, what would you say to them to be helpful?
- Your own:

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**Reconnect with your body’s needs and boundaries**

- How do you decide when to eat? What to eat? How much to eat?
- Where do you hear/feel yes? Where do you hear/feel no?
- When you are reaching for food and you know you are not hungry, what else might you need in that moment?
- When you are hungry and find yourself saying no to eating, what’s going on?
- How are you at saying no to the people in your life?
- Can you sense where your body begins? And where it ends? How do you know?
- Your own:

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**Focus on small consistent acts to rebuild trust**

- Have you ever lost trust in a relationship in your life? What did you need in place to rebuild trust? How do people rebuild trust when it is broken?
- When can you trust your body? What do you trust it to do or feel?
- When can you not trust your body? What don’t you trust your body to do or feel?
- What might you have to let go of in order to trust your body?
- What does your body need from you in order to trust you?
- Your own:
Rediscover, embody, and allow for pleasure

- When you were growing up, what did you learn about people who seek pleasure?
- Who gets to experience pleasure in this culture? In your family? In the ideal world?
- What's the difference between hunger and appetite?
- What's the difference between feeling satisfied and feeling full?
- How do you decide what to eat? Do you like what you are eating?
- How often do you feel guilt or shame after eating something you enjoy?
- If you put aside all the rules about “what counts” and “what bodies get to participate in certain activities”, what would you want to be doing? How would you want to move your body? What activities would you explore? Which ones would you stop?
- Your own:

Redefine what healing looks and feels like

- If we no longer use the size of your body to determine whether or not this is working, how else will we know healing is happening?
- If your body and weight were no longer a central concern, how would you like to express yourself? What would you want to do in the world?
- What do you want most for yourself? How do you want your life to feel?
- What would you like your relationship with food to be like?
- What would “freedom” feel like? Feel like?
- What's the difference between letting go and giving up?
- Your own:

Find community

- Who are the people in your life that you can talk to about this?
- Who is the best listener you know?
- What groups are available for support in your area (or online)?
- Who do you follow on social media that encourages or supports your process?
- Your own: