

My body kindness journal

A deck of 12 journaling cards with prompts for exploring a gentler relationship with your body, setting boundaries, and unlearning weight stigma



Practising my **voice**.

Responding to body comments is hard. This page is a space to think through what you'd want to say - before the moment arrives. There are no wrong answers here, only yours.

1 A comment that stayed with me

Think of a time someone commented on your body - recently or in the past. You don't need to name who said it.

WHAT WAS SAID OR DONE, AND WHERE DID IT HAPPEN?

HOW I FELT IN THE MOMENT

WHAT I ACTUALLY SAID OR DID

LOOKING BACK - WAS THERE ANYTHING YOU **WISHED YOU HAD SAID?**

2

Writing my own scripts

Use these starters to write your own responses in your own voice.

BOUNDARY*"I'd prefer you didn't..."*

REDIRECT*"That comment assumes..."*

EXIT*"Actually I feel... let's talk about..."*

3

What I want to remember

AFTER EXPLORING THIS, WHAT IS ONE THING YOU WANT TO CARRY WITH YOU - A REMINDER, A PHRASE, A FEELING?

*"You don't owe anyone a response.
But you deserve to have the words, just in case."*

Have I experienced **weight stigma**?

Weight stigma can be so common that we stop noticing it. This page is an invitation to look back - gently - and start to name what has happened to you.

1 Recognising it in my own life

Think about comments, looks, or situations where your body size shaped how you were treated.

CAN YOU REMEMBER A TIME WHEN YOU WERE TREATED DIFFERENTLY BECAUSE OF YOUR BODY SIZE - BY A PERSON, AN INSTITUTION, OR THE MEDIA?

WHERE IT HAPPENED

HOW IT MADE ME FEEL

2 Naming the impact

Weight stigma doesn't just sting in the moment - it can shape how we see ourselves over time.

Has experiencing weight stigma changed anything about how you see your body, or what you allow yourself to do?

Is there something you have avoided - a place, an activity, a conversation - because of how you feared your body would be judged?

3 A small reframe

Knowing that weight stigma is a systemic problem - not a personal failure - can shift things.

*If you knew that the judgment you experienced said nothing about your worth - **what would you do differently?***

"What happened to you was not your fault. Naming it is an act of power."

The comments that **linger**.

Microaggressions often don't feel dramatic enough to "count." But they stay with us. This page is a space to take them seriously - because they deserve to be taken seriously.

1 A comment that stuck

Think of something someone said about your body that was probably meant well - but didn't feel good.

WHAT DID THEY SAY? HOW WAS IT FRAMED - AS A COMPLIMENT, A JOKE, OR CONCERN?

WHAT WAS THE **HIDDEN MESSAGE UNDERNEATH THE WORDS - WHAT DID IT IMPLY ABOUT YOUR BODY?**

2 Noticing the pattern

Microaggressions get their power from repetition. When we notice the pattern, we take back some control.

IS THIS SOMETHING YOU HEAR OFTEN - IN DIFFERENT FORMS, FROM DIFFERENT PEOPLE? WHAT DOES THAT TELL YOU?

WHERE IT COMES FROM MOST?

HOW IT AFFECTS ME OVER TIME

3 What I'd want to say

IF YOU COULD RESPOND TO THAT COMMENT - FREELY, WITHOUT WORRYING ABOUT THE REACTION - WHAT WOULD YOU SAY?

"You were right to notice.
Your discomfort was information, not oversensitivity."

Being a friend to **myself**.

How do you speak to yourself about your body? This page invites you to notice that inner voice - and gently begin to change it.

1 The voice in my head

We all have an internal voice that comments on our body. What does yours say?

WRITE DOWN A FEW THINGS YOUR INNER VOICE SAYS ABOUT YOUR BODY - AS HONESTLY AS YOU CAN. NO ONE ELSE WILL READ THIS.

WOULD YOU SAY ANY OF THESE THINGS TO A CLOSE FRIEND? **WHAT DOES THAT TELL YOU?**

2 The friend rewrite

Imagine a friend came to you feeling exactly as you do about their body. What would you say to them?

WRITE WHAT YOU WOULD SAY TO THAT FRIEND - WITH ALL THE WARMTH AND HONESTY YOU'D GENUINELY OFFER THEM.

- 3** A compassionate phrase - just for me
Self-compassion doesn't require perfection. It just requires one small shift at a time.

WHEN I STRUGGLE

"This is hard, and that's okay..."

WHEN I FEEL ASHAMED

"I am not alone in feeling..."

MY OWN PHRASE

"Something I can say to myself..."

"You have always deserved kindness. Especially from yourself."

Unlearning **diet culture**.

Diet culture speaks in a voice we often mistake for our own. This page is a space to separate the two, gently, and notice what you actually believe.

1 Messages I absorbed

Diet culture reaches us early, from family, school, media, and friends.

WHAT DID YOU LEARN ABOUT FOOD, WEIGHT, AND BODIES GROWING UP? WHO OR WHAT TAUGHT YOU?

WHERE THESE MESSAGES CAME FROM

2 Noticing it now

Once you can name diet culture, you start to hear it everywhere.

WHERE DO YOU STILL HEAR **DIET CULTURE TODAY, AND HOW DOES IT MAKE YOU FEEL ABOUT YOUR BODY?**

3 Choosing for myself

Stepping outside diet culture does not happen at once. It happens in small choices.

WHAT WOULD YOU TELL A **YOUNGER VERSION OF YOURSELF** ABOUT FOOD AND HER BODY, KNOWING WHAT YOU KNOW NOW?

"You are allowed to stop fixing yourself and start living."

Showing up for **someone else.**

Supporting a friend well starts with understanding what support has meant to you. This page is a space to think it through before the moment arrives.

1 Support that helped me

We often already know what good support looks like, from the times we received it.

**THINK OF A TIME SOMEONE SUPPORTED YOU WELL THROUGH SOMETHING HARD.
WHAT EXACTLY DID THEY DO?**

WHAT MADE IT FEEL SAFE

2 What I would want

Imagining yourself in your friend's place can guide how you show up for them.

IF YOU WERE BEING SHAMED FOR YOUR BODY, WHAT WOULD **YOU MOST WANT A FRIEND TO SAY,
OR NOT SAY?**

3 One thing I can offer

Support does not have to be grand. It has to be real and within your reach.

NAME ONE SPECIFIC, DOABLE THING YOU COULD OFFER A FRIEND WHO IS STRUGGLING RIGHT NOW.

"You cannot carry their pain for them.
You can make sure they are not alone in it."

Where I need a **boundary**.

Boundaries often become clear in hindsight, after a conversation that left us uncomfortable. This page is a space to notice where one is missing.

1 Where the line is missing

Discomfort is useful information. It often points to a boundary you have not yet set.

WHERE IN YOUR LIFE DO BODY COMMENTS LEAVE YOU UNCOMFORTABLE? WHO, AND WHAT IS SAID?

HOW IT TENDS TO LEAVE ME FEELING

2 What it would sound like

A boundary is easier to hold when you have already found the words.

WRITE THE BOUNDARY YOU WOULD SET, IN YOUR OWN VOICE. KEEP IT SHORT AND CLEAR.

3

Holding it

Setting a boundary can feel uncomfortable at first. That discomfort is not a sign you are wrong.

WHAT MAKES THIS BOUNDARY HARD TO HOLD, AND WHAT WOULD **HELP YOU HOLD IT ANYWAY?**

"Protecting your peace is not selfish.
It is how you keep showing up."

Finding my voice.

Many of us were taught that staying quiet keeps the peace. This page is a space to notice the cost of that, and to practise a clearer way.

1 The moment I stayed quiet

We often know our assertive voice best by remembering the times we did not use it.

RECALL A MOMENT YOU STAYED SILENT ABOUT A BODY COMMENT AND LATER WISHED YOU HADN'T. WHAT HAPPENED?

WHAT I WISH I HAD SAID

2 Saying it now

An assertive response is easier to find with time and a pen than in a tense moment.

REWRITE THAT MOMENT. WHAT WOULD A CALM, CLEAR, ASSERTIVE RESPONSE HAVE SOUNDED LIKE?

3 Passive, Assertive, Aggressive

Naming the three modes helps you recognize which one you are reaching for

**HOW DO PASSIVE, ASSERTIVE, AND AGGRESSIVE EACH FEEL IN YOUR BODY?
WHICH IS YOUR HABIT AND WHY?**

"Protecting your peace is not selfish.
It is how you keep showing up."

Making peace with **my body.**

Many of us were taught to see our body as a problem. This page is a space to question that, and to notice the body you actually live in.

1 The body I was taught to want

We absorb a narrow idea of the right body long before we choose it.

WHAT BODY WERE YOU TAUGHT TO AIM FOR? WHERE DID THAT PICTURE COME FROM?

WHO BENEFITED FROM ME WANTING IT

2 The body I actually have

Your body does things for you every day, quietly and without thanks.

WHAT DOES **YOUR BODY LET YOU DO, FEEL, OR EXPERIENCE? WRITE IT AS A LIST IF THAT HELPS.**

3

A kinder measure

Health and worth are bigger than a shape or a number.

IF YOU STOPPED MEASURING YOUR BODY BY SIZE, WHAT WOULD YOU MEASURE INSTEAD?

"Your body is not a before photo. It is where you live."

Reaching for **support**.

Knowing support exists is one thing. Knowing what you need, and what gets in the way, is another. This page is a space to work that out.

1 What I would be reaching out about

Naming the thing makes it easier to ask for the right help.

IF YOU REACHED OUT FOR SUPPORT, WHAT WOULD YOU WANT HELP WITH? TRY TO NAME IT PLAINLY.

WHAT KIND OF SUPPORT WOULD FIT

2 What gets in the way

Most of us have reasons, real or learned, that make asking feel hard.

WHAT STOPS YOU FROM REACHING OUT? WHERE DID EACH OF THOSE REASONS COME FROM?

3

One small step

Support rarely starts with a big leap. It starts with one manageable action.

WHAT IS **ONE SMALL, DOABLE STEP** YOU COULD TAKE TOWARD SUPPORT THIS WEEK?

"You are allowed to need support.
You are allowed to go and find it."

When I am the **bystander**.

Most of us have watched someone be body-shamed and said nothing. This page is a space to think it through, without blame, and prepare for next time.

1 A time I stayed silent

Looking back honestly helps, as long as it is done with kindness rather than blame.

**RECALL A TIME YOU WITNESSED BODY SHAMING AND DIDN'T SPEAK UP.
WHAT HELD YOU BACK?**

WHAT I NOTICED IN MYSELF

2 What I could have said

An interruption is easier to find when you have rehearsed it in advance.

LOOKING BACK AT THAT MOMENT, WHAT IS ONE SMALL THING YOU COULD HAVE SAID OR DONE?

3

My ready phrase

Having a line prepared makes it far more likely you will use it.

WRITE ONE SHORT PHRASE YOU COULD KEEP READY FOR THE NEXT TIME YOU WITNESS THIS.

"You will not always know what to say.
You can still refuse to look away."

What liberation **means** to me.

Body liberation can feel abstract until you connect it to your own life.
This page is a space to make it concrete and personal.

1 What my body has cost me

It helps to name what the pressure to fix your body has actually taken.

WHAT TIME, ENERGY, MONEY, OR EXPERIENCES HAS BODY PRESSURE TAKEN FROM YOU?

WHAT I WOULD RECLAIM

2 A liberated day

Imagining freedom in detail makes it easier to move toward.

PICTURE A DAY WHERE YOUR BODY SIMPLY WAS NOT A CONCERN. WHAT IS DIFFERENT ABOUT IT?

3

One thing I can free up

Liberation is built in small, repeated choices, not in one decision.

NAME ONE SMALL WAY YOU COULD **STEP OUT OF BODY PRESSURE**, STARTING THIS WEEK.

"You were not put here to fix your body.
You were put here to live."