

# CHAARG TOUR

## body positivity workshop

- I've felt fat before.
- I wish I could lose 5 pounds.
- I have struggled with an eating disorder.
- My partner has made a negative comment about my appearance.
- Someone I know has negatively pressured me to work out.
- I have cried about my body before.
- I criticize my body while trying clothes on in a dressing room.
- I've let clothing sizes affect how I feel about my body.
- I've bought/kept clothes that are too small, in hopes that I'll fit in them someday.
- I pick at my skin often.
- I don't feel comfortable in a swimsuit.
- My mom has made a comment about my weight before.
- I want a flat stomach.
- I've counted calories before.
- I've binged before.
- I feel guilty about what I eat sometimes.
- I've obsessively worked out because of what I ate or how I felt.
- I wish I was taller.
- I wish I was shorter.
- I wish I had more muscles.
- I wish I had more curves.
- I've been jealous of another girl's body before.
- I've said "I hate you" to my body before.
- I've held my body to unrealistic expectations.
- I've let my weight dictate my happiness.
- I've let my workout determine my worth.
- I've let my body image + confidence keep me from doing what I really want to do
- I've said "I love you" to my body before.
- I love the way my body looks.
- I am proud of my body.

# reflection:

#1] How did this exercise make you feel?

#2] What *\*should\** are you tired of carrying about your body?  
What *\*should\** are you ready to release?

#3] Where do you feel called to make a personal change in your relationship with your body?

#4] What is the next step that you are going to take to make that change?

#5] How do you want to be supported?

## **SMALL GROUP DISCUSSION:**

Takeaways from the activity

Where you want to make a change in your relationship with your body

How you want to be supported or any advice that you'd like from your group : )