

How to Love Your Body Like Your Best Friend

By Amanda Moxley

I have many clients, myself included, who struggle with their body image. **I am sure that even you have struggled with body image** at one point in your life or even more frequently you may fuss and fight with your body.

Frequently my clients confess their desires to change their body. My phone coaching sessions create a safe place where women can put their guard down and share and talk about the parts of their bodies that they have disowned or that they don't like. Recently a client revealed that she didn't like her "big thighs, her flabby arms and belly."

I then took her through this exercise that you can try yourself.

Step 1: Write down the parts of your body that you do not like.

Example: My flabby arms, big thighs and stomach.

Step 2: Write down the thoughts and words you say to your body.

Example: "Your fat, I hate looking at you, I am ashamed and embarrassed about you.

Step 3: Write down how you feel when you say and think these things.

Example: "I feel like I want to cry. I want to curl up into a ball. I feel sad. I am sad. I don't feel good."

Step 4: Talk to your belly, arms, thighs and hips and **ask them how they feel when you call it those things.** Listen and write down what you hear.

Example: "I feel sad. I feel unloved. I feel like you don't care about me and that I need to protect myself so I feel safer holding on to this fat because it protects me."

What does your body part say? If you feel like crying as you write please cry. Your body is talking to you and it's never been heard so let her speak. Write more and cry more until you hear it all.

Step 5: Breathe

Take five long, deep, slow **breaths in through your nose** and out through your nose. Relax and let go.

Now that you've covered this ask yourself would you ever speak to your best friend like this? Or your loved one? **How would your best friend feel if you told her she was fat, flabby and old looking.** Chances are your friend would be really sad and upset and you would really hurt her feelings. Is that your intention? Start to treat your body like you would your best friend or loved one.

Step 6:

Write a new script. Write a list of all of the **positive things you love about your body**.

Example: I love my belly. I am grateful for my strong powerful legs because I get to climb mountains, swing dance, and walk.

I am grateful for my beautiful arms because they allow me to hug my loved ones, make food, play tennis and write letters.

I love my belly because it **digests my food** for me. I am grateful for my belly because it nourishes my body, blood and brain. **I love my belly because it carried my children.**

I love my hips because **I am beautiful, feminine and divine.** I love my hips because I can carry my children on my hips. I can bend and move forward with my life.

Step 7:

Talk to your body every day. **Offer thanks for the precious human life** you have been given and this amazing body you get to nourish, love and protect.

Step 8:

When you were born you were totally naked. You had no clothes on your back, no bank account, no car, nothing. You were a total miracle. The only thing that has changed since then and now is that your mind/ego has made you believe that you are separate and alone, and that life is hard.

I am here to tell you that the Divine Miracle that you were at your Birth is still inside of you. **You are perfect. You are beautiful. You are a miracle.**

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