

I will choose to respect my body regardless of how I feel about it.

I choose to push back

on the old defaults to shame & "shoulding" on my body and instead be grateful - even if I am faking it for a bit.

I choose not to always believe my feelings, as real as they may be, but instead to trust the fact that

I am a person of immense value

who has a story to tell & a life of meaning to live.

RESPECT Your Body Credo

I choose to respect the body I have been given even on bad body image days.

I respect my body

in how I feed it, rest it, move it, talk to it, & think about it.

I refuse to let those who took away my power have so much impact on how I care for my body.

Just because someone else chose not to respect me & my body does not mean I need to do the same.

I choose respect over body shame with the hope that this choice will help me heal my relationship with food, my body, & my story.

I choose to reject the incessant messages of the never enough.

I will not hide behind an unhealthy obsession with eating healthy to manage my feelings of fear & being out of control.

I choose not to beat myself up

for having a day, a week a month or more where I struggle respecting my body. I live in a culture where I am encouraged to be at war with my body and on some days, I struggle to stand strong.

This means I am human, not weak.

I choose to honor my space & place in my life journey

(curve balls, strife, uncertainty, recovery)

by respecting my body

even if it does not seem to be respecting me.

I choose to fight the comparison critic when it rears its ugly head.

I choose not to lean on

the numbing sense of **control & unhealthy perfectionism**

when I am struggling with liking my body.

In choosing to respect my body, I choose dignity, honor, trust, & faith.

Because some days, respecting my body is the last thing I want to do.

And even if I hit a bump in the road and fall back on old ways of thinking about and acting towards my body,

I will choose grace and compassion

because I am worthy of such things.

I choose to talk to myself & about my body like I am talking to someone I respect.