

## Homework Assignment and Journaling Week #2

If you hate your body or aspects of your body, this will show up in your inability to be free, relaxed and enjoy yourself with wild abandon. We want you to pick one thing right now that you feel dissatisfaction with and for the purpose of this tapping sequence make it something physical – a body part that seems less than ideal to you.

Sit for a moment and close your eyes. What do you feel disgust, anger, sadness, fear, guilt, or shame about? Write that down.

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With this as a base guide, you are going to continue working on aspects regarding your body. Please pick one thing at a time that you feel dissatisfied with about your body. First go through things physical; a body part that seems less than ideal to you.

Sit for a moment and close your eyes. What do you feel about this body part? Do you feel disgust, anger, sadness, fear, guilt, shame? Write it down. Give a level of intensity from zero to 10. Zero means there's no charge at all, there's no intensity, you feel neutral. 10 means there's a lot of intensity, there's an intensely felt negative emotion around this part. And remember, the more specific the better. Saying that you feel sad because your nose is bulbous is better than saying you feel ugly. Be specific on the body part, what you don't like about it, and how intense it is. You may tap more than once on a body part, and that's okay! There can be many emotions, feelings, or beliefs about a variety of your parts. The goal is to find self-acceptance with your body.

Then do basic tapping for each body part.

Repeat this process for your feelings around anything else that bothers you about your body. Perhaps a smell, a texture, a sound you make, or whatever comes up when you think about yourself or another person experiencing it.

Be gentle with yourself, your discoveries, and whatever shows up for you. Please reach out over text message or voxxer if you have any questions or concerns.

Enjoy Playing and Exploring!

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