

FORGIVE YOUR BODY

by Jason Hanson

In this activity, you will explore the parts of your body you take the most significant issues with. This is the start of acceptance and forgiveness that unlocks self-confidence.



1. Find a mirror and a place where you have some privacy. It could be your selfie camera on your phone, a handheld mirror, or the mirror in your bathroom. Any reflection of yourself will do.
2. Strip off all your clothing. If this seems too scary right now, skip this step.
3. Look closely at your body. Start from your hair and work down to your toes. Leave no crevice unexamined. Having a handheld mirror here might help for your genitals and backside.
4. As you look over your body, notice any thoughts, fears, judgments, or old stories that come up.
5. After you get to your toes, return to where the thoughts and emotions are loudest.
6. Notice the thoughts and feelings. You might hear yourself think things like, "My nose is too big," or recalling your parent saying, "You never did fill out, did you?"
7. Give the feelings space to be felt. Notice that the feeling is in you, but is not you. Locate the feeling in your body. Give it a color, a shape, a sound, and whatever else comes up. Close your eyes and breath with this feeling for 60 - 90 seconds. Give the feeling the attention it so desperately desires. As your thoughts come up, just return to the feeling.
8. Come up with the completely the opposite statement of anything negative in the format of "I love my _____. It is a perfect part of me. It makes me who I am. I would not be me without my _____."

For example: "I love my nose. It is the perfect size and shape for my body. It makes me who I am. I would not be me without my perfect nose."

Repeat the statement out loud three times.

9. Do another body scan and notice what comes up strongest.

Repeat steps 5 – 9 until there are no more strong thoughts or emotions that come up. This will likely take several sessions, and that's okay.

It takes **time** and **practice** to change your old stories. The more you do this activity, the closer into body, mind, emotion, and spirit **alignment** you will become. Your new stories will just *fit* better than your old. Your mind and body accept truth. This is a **perfect place to start** on your journey to becoming whole.

Learn to forgive your body: www.jasonhanson.com/blog



Jason Hanson is an author, organizational change strategist, and coach.

He holds space for transformation, allowing whatever is most needed to emerge in individuals, teams, and organizations. His superpowers include listening from essence and presencing strong emotions that are often at the root of disconnection.

Jason spent 20 years in software engineering, delivering solutions for companies from small cutting-edge startups to top Fortune 100 corporations.

Jason studied with Gay and Kathlyn Hendricks and is a certified Big Leap Coach. He is a student of conscious leadership, a Certified Diversity Facilitator (CDFT)[™], and Yoga Teacher (YTT200).

He is an avid creator of his own time and always has exactly enough time, money, energy, and resources to live out his life's purpose of creating space for personal transformation.

Jason lives in St. Louis with his son Julien, four potted plants, and enjoys being near his vast tribe of friends and family. Find out what he's up to now at www.jasonhanson.com.

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