

Rate Your Self-Acceptance

Write in the numbers indicating how often, if ever, the statements are true. Modify those statements that don't apply to you: 1 — Never, 2 — Sometimes, 3 — Always

- _____ I have a sense of my entire body.
- _____ I rarely fall, trip or bump into people or things.
- _____ On the whole, I am happy with the way my body looks.
- _____ I live in my body, rarely splitting off or numbing my feelings.
- _____ I pay attention to the messages my body sends me.
- _____ I laugh easily and often.
- _____ I easily and happily accept compliments.
- _____ I enjoy giving and receiving hugs.
- _____ I feel good about the direction my life is taking.
- _____ I protect myself from hurtful criticism.
- _____ I stand firmly and comfortably on both of my feet.
- _____ I breathe regularly and deeply.
- _____ My "self talk" is positive and encouraging.
- _____ I hold my head up high and my shoulders back.
- _____ I regularly exercise and/or receive massage to nurture myself.

SCORING EVALUATION

- 37-45 Great! You enjoy a positive relationship with your body.
- 26-36 Watch out. Your body deserves more respect.
- 0-25 Body Alert! Your relationship with your body needs repair.

LIVE MORE
Journal®