

The Voice That Comments

Gets the running commentary about your body out of your head and onto paper.

WHEN TO USE THIS

Use this on a day the commentary has been going all afternoon.

What does the voice say about your body? Its words, not the polite version.

How much do you believe it today?

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Completely

When is it loudest?

Getting dressed, after eating, in photos, around certain people.

If a friend said that about themselves, what would you say back?

What is one line you could say back to it?

It does not have to be kind yet. Bored works too.

You do not have to argue it down every time. Noticing it is a voice is already something.