



Judge-Your-Body Worksheet

- Fill in the blanks below using your body, health, weight, height, disease, age, etc.

Examples:

I don't like my body because it's too fat.
I don't like my stomach because it's too flabby.
I need my body to be young, healthy, and flexible.
My face is too wrinkled.
My cancer is out of control.
I don't ever want to be fat again.

1. I don't like my body because _____

2. I want my body to _____

3. My body should/shouldn't _____

4. I need my body to _____

5. My body is (make a list): _____

6. I don't ever want my body to _____

For information on how to do The Work, go to www.thework.com