

BODY TRUST IN PRACTICE INVENTORY

We find that many of the following ideas can help deepen your roots into Body Trust. As you read the statements below, **rate your level of agreement using a scale of 0 to 5, with 5 being an enthusiastic YES.** This inventory is intended to elucidate a potential path and remind you of what Body Trust may sound like within you. Your responses may also help you consider what next steps would feel supportive.

INTERSECTION OF FOOD AND BODY

- My relationship with food and body has been complicated and I know it's not my fault.
- I feel the pull of dieting/restrictive food plans and I know what to do to avoid getting hooked.
- I reject restriction and deprivation as a lifestyle or path to health.
- I am more consistently getting enough to eat.

What, if anything, would you like to add, adjust or change based on your responses in this section?

FAT AFFIRMATION

- I have experienced fat affirmation and fat joy.
- I am allowed to live peacefully in the body I have.
- I find ways to expose myself to fat positive people, ideas and products.
- I advocate for bodies with different access and privilege than my own.

What, if anything, would you like to add, adjust or change based on your responses in this section?

BODY STORY

- I have a stronger analysis of what's come between me and being at home in my body.
- Fatphobia in the culture has impacted the way I think about my body.
- I am not the core problem in my body story.

What, if anything, would you like to add, adjust or change based on your responses in this section?



GRIEF

I allow myself to grieve all that has transpired to mitigate anti-fat bias and weight stigma in my life.

I make space for grief.

I have been able to identify and name what I'm grieving on the path to Body Trust.

What, if anything, would you like to add, adjust or change based on your responses in this section?

CREATING COMMUNITY

I have friends who are fat.

I have community that supports my body as it is.

I believe Body Trust is for my body as much as it is for everyone else's.

I can ask people not to talk about dieting and weight loss in my presence and in my community.

What, if anything, would you like to add, adjust or change based on your responses in this section?

KINDNESS & CURIOSITY

I deserve my own kindness.

I see my struggles as what connects me to, rather than separates me from, humanity.

I am letting go of perfectionism. I do C- work and allow it to be enough.

My body has been a loyal companion all my life, regardless of how I've treated it.

I do things *for and with* my body instead of *to and on* my body.

What, if anything, would you like to add, adjust or change based on your responses in this section?

BODY CHECKING

I am aware of many of the ways I body check (hanging onto clothes, feeling for fat or bones, comparing myself to others, etc).

I can stop body checking when I catch myself doing it and meet myself with kindness.

I try not to objectify my body.

What, if anything, would you like to add, adjust or change based on your responses in this section?



RECLAIMING YOUR RIGHT TO EAT & ENJOY FOOD

- I challenge the rules about eating I learned from diet, health and wellness culture.
- I allow myself to eat with pleasure and gusto.
- I aim for satisfaction at least once a day when I eat.
- I make the foods I love available as often as I can.

What, if anything, would you like to add, adjust or change based on your responses in this section?

RECLAIMING MOVEMENT

- I root movement in loving-kindness, gentle expectations and weight neutrality.
- I adjust activities based on my energy level and what sounds good to me/my body.
- I avoid using movement as a way to compensate for my food choices.
- I can take days off to rest without feeling guilt or shame.
- I don't let fitness trackers override my rhythms and my own knowing.

What, if anything, would you like to add, adjust or change based on your responses in this section?

NAVIGATING BAD (BODY) DAYS

- I know that the size and shape of my body does not significantly change overnight.
- Bad (body) days happen but they no longer lead me to make a plan to change my food, body, etc.
- When I have a bad (body) day I get curious about what triggered me and meet what arises with kindness.
- My body is not a project or problem to be solved.

What, if anything, would you like to add, adjust or change based on your responses in this section?

