**Self-Experience Questions Related to Body**

**Body Visualization Questions:**

To promote a more engaged and intentional dialogue with the body as our source of physical space and safety, we encourage using visualization exercises for talking to one’s body, listening to one’s body, noticing it, and being mindfully aware of inhabiting it. We ask what the body is saying as we enter in dialogue with it.

* How do I experience my body in this moment?
* What physical sensations am I aware of? What do I sense in my body? What is my body telling me?
* How close is my body to me? How close am I to my body?
* How well do I live in my body? Do I take up every part of my body, or do I only live in some of them?
* How much sensitivity do I have for my body? How can I show care for my body in this moment?
* Do I feel gratitude to have this body? Would I rather have a different one? Is there any part of my body that I feel grateful for in this moment? What is my body providing for me right now? How do I receive this?
* Do I notice my body when it feels pleasure or only pain? Can I feel it when it is well? Can I feel it when it is sick?

**Biographical Exploration:**

The following are questions that can help a client explore their “body story” and increase a sense of dialogue with their body.

* How have I experienced my body over the course of my life? Has my relationship with my body changed? How and when did it change?
* Have I experienced my body as a sick body that hindered me or didn’t support me in doing the things I wanted to do? Have I experienced disabilities in my body? Have I been prone to sickness?
* What has my family taught me about my body and bodies in general? Are physical bodies valued as important in my family? Were bodies allowed to take up space, to be loud, to have needs, and to be cared for in my family? Were bodies valued as tools to work? Were bodies valued for their beauty? Did my family see bodies as “dirty,” belonging to the back alleys of existence, or were bodies important and precious? How did my family deal with sickness and injuries?
* How did my family physically express care and tenderness? Was there cuddling, hugging, kissing, and holding? Was there physical abuse or punishment? Were there contradictions in physical and verbal expressions about my body?
* What role did food have in my home growing up? What were our eating habits? Did we eat together as family? Did we enjoy food? Did people diet? Were some foods seen as “bad?”
* What were attitudes towards sports, fitness, and health in my family?
* How did I learn about hygiene? Was hygiene merely executed for cleanliness or was it a way to nurture and love my body? How do I exercise hygiene now? Do I just take a bath to be clean, or do I take it to relax and care for my skin? Do I put on sunscreen quickly just to prevent burning, or is this a way to nurture and care for my body?
* What were my family’s attitudes towards sexuality? How was this seen, felt, and talked about? Could I show myself naked in my family? When was this no longer acceptable? Was my body or sexuality sometimes taken advantage of? Was sexuality seen as threatening?
* How did my family teach me to take care of my clothes and hair?

**Body Attitudes:**

Deepening further a client’s dialogue with their body, the following prompts explore one’s attitude in relationship with their body.

* What is my attitude about having a body?
* What is the relationship of distance and closeness that I have in my body?
* Is my relationship with my body a loving one? Can I touch or stroke my own body? What is it like to look at myself naked? Can I see beauty in my body?
* Do I live in my body?
* How do I feel about being my body?
* How do I take care of my body well and when do I neglect it?
* Does my body feel too big or too small for me? What kind of space do I feel I need in my body to be me?

**Personal Evaluation:**

In dialogue, we not only listen and talk, but we also consider, reflect, seek to understand, and make personal judgments. It is not just what *is* that matters, but the person is invited to show up and take a position towards what is.

* Is my relationship with my body OK the way it is?
* What would I like to change about my relationship with my body?
* In what physical rhythms is my relationship with my body good (consider habits such as warm baths, brushing hair, sexuality, massage, and food)?
* In what areas would I like to have a different relationship with my body?