

# BEFRIENDING YOUR BODY

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Mini E-Book by Jennifer DiGennaro MA LPC



# BEFRIENDING YOUR BODY: KEY CONCEPTS

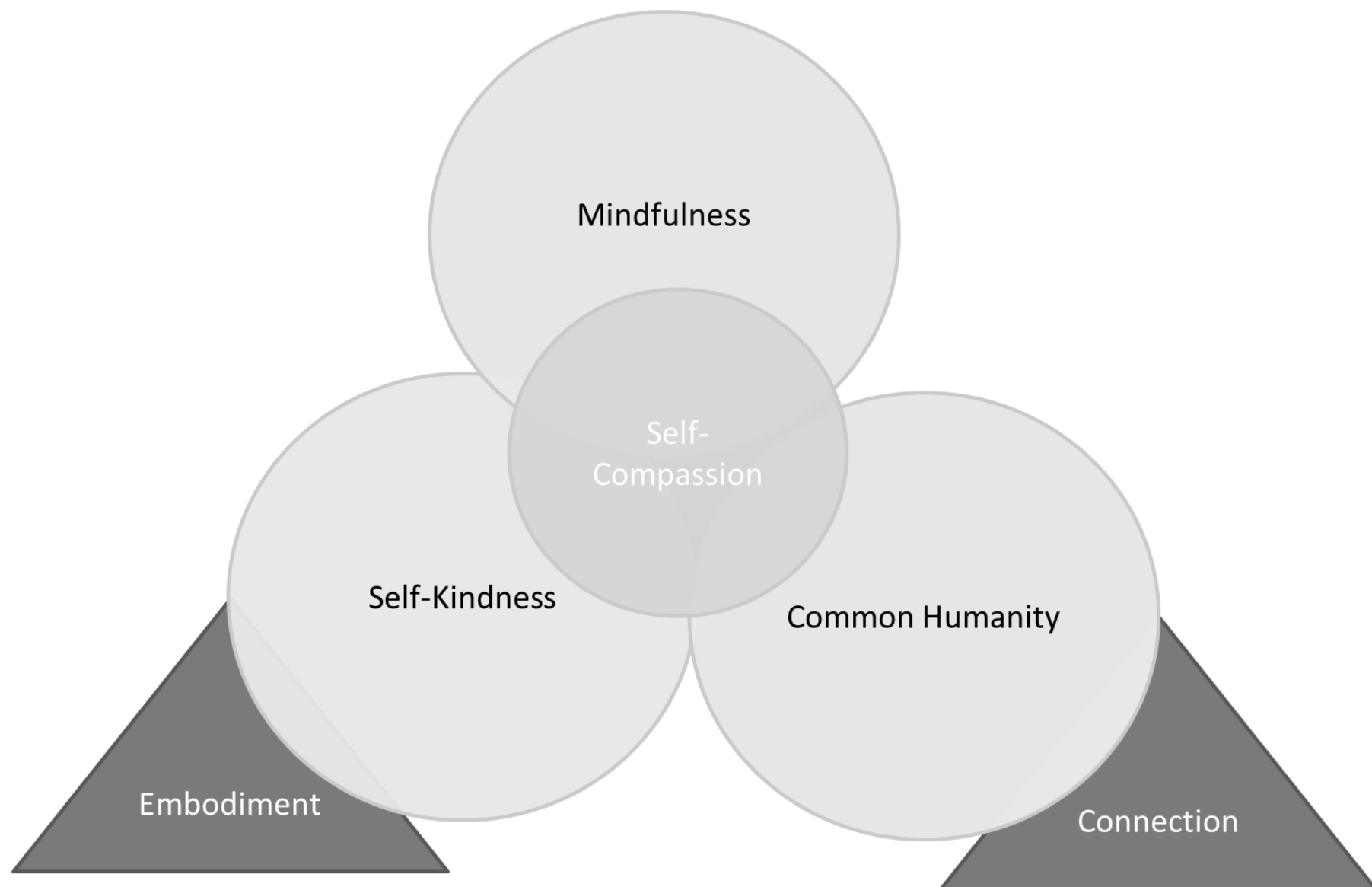


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**Mindfulness** “Mindfulness is an awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally” – Jon Kabat-Zinn. “Mindfulness also requires that we not be over-identified with thoughts and feelings, so that we are caught up and swept away by negative reactivity.” – Kristin Neff

**Common Humanity** is the idea that human experiences belong to all humans, though we may suffer individually and at different times, suffering and other human conditions are not unique to our own life. Remembering that others on the planet have felt like we do can ease the burden of difficult moments.

**Self-Kindness** is treating yourself as you would a loved one, with kind words and soothing touch.

**Self-Compassion** is the result of mindfulness, common humanity, and self-kindness, **an attitude of care towards the self.**

**Embodiment** is a big concept, in her research Niva Piran describes embodiment as the experience of inhabiting the body—of feeling “at one” or “at home” in the body. In her research she expands on “five central dimensions, each with a positive and negative pole. These dimensions included: **body-self connection, agency, desire, self-attunement, and resisting objectification.**”

**Connection** is defined by Brené Brown as “the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.” This type of relationship can exist with others, AND with yourself including YOUR BODY, and also with a higher source if you believe in one (nature, the Earth, God, Allah, the universe, etc.).

“Things will not always go the way you want them to. You will encounter frustrations, losses will occur, you will make mistakes, bump up against your limitations, fall short of your ideals. This is the human condition, a reality shared by all of us. The more you open your heart to this reality instead of constantly fighting against it, the more you will be able to feel compassion for yourself and all your fellow humans in the experience of life.” – Kristin Neff

# 10 PRACTICES IN BEFRIENDING YOUR BODY

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## 10 Practices in Befriending Your Body

### Assessing where you are today

**\*Remember this is about learning and collecting information on how YOU might want to grow, no need to shame or judge your answers, just answer honestly.**

**For each statement consider how often you are engaging in that practice, if at all:**

1) Knowing where my physical boundaries are including where I end and others begin while allowing for fluidity and flexibility with these boundaries when I choose...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

2) Noticing that as my relationship with intuitive eating continues to unfold and I am connecting with subtler signals from my body about hunger, fullness, satisfaction, and the various appetites I have...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

3) Letting myself truly give and receive nourishing, pleasurable, and nurturing physical touch from others and/or from myself...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

4) Being aware of my energy levels, on any given day, week, season and honoring when I need extra rest...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

5) Finding moments to “drop in”, meaning notice how I am not embodied and take some breathes and get more in touch with my body...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

6) Committing to take care of my body in the simplest of ways, like staying hydrated and using moisturizer...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

# 10 PRACTICES IN BEFRIENDING YOUR BODY CONT.

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7) Spending time in nature, allowing my body to be part of the living physical world I am a part of...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

8) Connecting with my body, using physical practices like yoga, walking meditation, breathwork, strength training, running, walking, dancing, safe sexual pleasure seeking, and mindful movement to practice being here in my body...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

9) Learning about myself and my body through reading and/or listening to books, articles, podcasts, etc....

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

10) Living fully in my body as it is, accepting my body as it is...

1	2	3	4	5
Never	Rarely	Sometimes	Often	Regularly

**After reading through these practices take a look at those you rated as a 3 or lower and pick those you are most interested starting or doing more of and then consider these journaling prompts:**

- What most attracts me to this practice?
- What would be the most challenging thing about starting or doing more this practice in my life?
- What is one thing I can do to start doing more of this practice in my life as soon as possible?

**These practices are something you can return to again and again as you deepen into befriending your body!**

**5 Books that can help with learning more about these practices:**

- 1) **The Body Is Not an Apology: The Power of Radical Self-Love** by Sonya Renee Taylor
- 2) **Embody: Learning to Love Your Unique Body (and Quiet That Critical Voice!)** by Connie Sobczak
- 3) **Becoming Safely Embodied: A Guide to Organize Your Mind, Body and Heart to Feel Secure in the World** by Deirdre Fay
- 4) **The Gifts of Imperfection** by Brené Brown
- 5) **True Refuge: Finding Peace and Freedom in Your Own Awakened Heart** by Tara Brach



# JENNIFER DIGENNARO MA LPC



Gottman Relationship  
**CHECKUP**

**APPROVED MEMBER**



Jennifer DiGennaro MA, LPC, is a psychotherapist in private practice in Grand Rapids, MI. She is a Certified Body Trust® Provider, Certified Intuitive Eating Counselor, Certified Clinical Trauma Professional, and a NARM® Therapist as well as the founder of Nourished Energy Holistic Psychotherapy and Couples Counseling. She specializes in treating chronic dieting, binge eating disorder, body shame, complex trauma, and relationship issues. She brings a deep passion to her trauma-informed, evidence-based and heart-centered clinical work. Jennifer is committed to ending the war that is waged against bodies in our culture and believes one powerful place to start is in our own bodies. Learn more at: [www.nourishedenergy.com/meet-jen/](http://www.nourishedenergy.com/meet-jen/)

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