Body-Neutral Appreciation

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person wants a different way to talk about their body.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Name what a body allows or needs without appearance judgments or required gratitude.

3. What language feels respectful?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.