



Peace Treaty With My Body

Dear Body,

I declare peace!

We've been at war for long enough. It's tiring and it's not doing either of us any good. Enough is enough. I hear you sighing – you probably don't believe me. I get it...

Actions speak louder than words, so here's what I promise to do:

1. I will stop criticising you.
2. I will stop blaming and shaming you, dearest Body.
3. When I forget 1 and 2 and then notice, I will stop immediately and apologise.
4. I will remember what you **do** for me: how my experience of life is **through** you!
5. I will remember and be grateful that you allow me to see, to feel, to hear, to think, to taste, to smell, to move... **Every** experience is through you.
6. I will practice asking you what you need, dear Body.
Is it rest?
Is it food?
Is it something to drink?
Do you need to move or to stretch?
7. I will not purposely make you go hungry.
8. I will do my best to honour your fullness and not overfill you so that you are uncomfortable.
9. I will do my best to nourish you so that you can function well.
10. I will not compare you, dear unique Body, to other Bodies.
11. When I forget 10 and notice, I will stop immediately and apologise.
12. I will disengage from media that promotes diets and extreme exercise.
13. Instead, I will engage with media that promotes body acceptance and weight diversity.
14. I will not get into social chatter about diets and weight loss.
15. When I forget 14 and notice, I'll politely remove myself, change the subject or be brazen and explain to people why I don't talk about stuff like that any more.
16. I will stop believing you're the cause of my happiness or unhappiness.
17. I will befriend you and work with you as a loving companion, rather than try to force or control you.
18. When I forget any or all of these promises, I promise to recommit, because I want peace with myself, with you and with food.

Signed _____

Date _____

