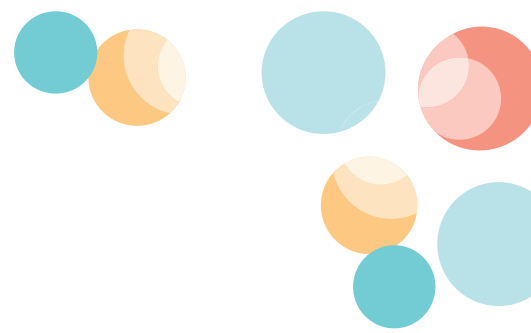




Body Dialogue Exercise

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Body Dialogue Exercise

We hold stress in our bodies on a regular basis. We all have had the experience where we said, “my stomach is in knots”, “I feel the weight of the world on my shoulders”, “I feel tense just thinking about it”. Most likely, we have said statements like these or perhaps those exact statements at one point or another. The reality is we store a lot of stress in our bodies. Part of that stress is how we think. Most people are hardest on themselves rather than others. Constant self judgements about ourselves create a ripple effect in our physical body. Additionally, life stressors build and although we think it may not affect us, it really does. We also have tense and emotional events in our life, and we sometimes cannot process those emotional end events quickly. Generally those stressors get stored in our bodies.

We all have experienced, emotions, memories and stress that gets stored in our bodies. Even studies have focused on organ transplant where the donor loved burgers and the recipient was a vegetarian but after the transplant, the recipient wanted to eat burgers. This is a direct illustration that memories can be stored and integrated in our bodies. Stress is part of daily life. It can't be avoided but that doesn't mean it is having a profound effect on us.

Maybe you have learned to deal with a lot of stress in your life, so your baseline of stress is higher and it has become the “norm” for you. Therefore, when asked the question, “Are you stressed?” you say “No, I don't feel stressed.” Possibly your body is saying something entirely different than your mind. The reality is our bodies are talking to us. The question to ask yourself is “Are you listening?”. To answer that, we are going to listen to our body and check in to see what it is saying. Most people have way more negative thought patterns and negative self talk than positive. We are going to not just identify messages from our body, we are going to create positive body dialogue.

What does it mean to create positive body dialogue?

Creating positive body talk means creating positive internal dialogue. This also involves listening to your body to know its needs and wants. We can use this conversation to help us address our health, emotions and anything else our body wants to say. If we don't have a conversation with our body, we will not know how to help. We are going to do a body scan to facilitate this dialogue with our body.

Body Scan

In order to listen to our body, we are going to do an exercise called a body scan. Here are the steps you are going to do to better connect with your body and listen to your internal dialogue. Once we can identify what that dialogue is, we will bring in affirming body talk to change the messaging to better support ourselves. Additionally, we may find direction from our body and give it a needed voice. This provided guidance of what step to take. These are the steps to facilitate a healthy body dialogue.

Step 01

Find a quiet place without distractions. No phone, no devices, no noise.

Step 02

Take 10 slow, deep breaths and get into a comfortable position.

Step 03

Bring your focus to your head and start from the head moving down your body to sense areas of restriction, pain, discomfort and/or resistance.

Step 04

Once you find a place of resistance, then breathe into that area. For example, you notice your shoulders are tight, so you breathe into that area.

Step 05

Now ask that part of your body what it wants to say or tell you. Then listen. If nothing comes to mind, keep moving down slowly through the body and come back to the area later. Try not to force the dialogue and at the same time, listen to the body and see what comes up.

Step 06

Once you hear the message, write it down. For example, my shoulders are saying "I am tired, and I am not taking enough time for rest". Or maybe it is saying "I am mad about carrying the weight of infertility and it's not fair."

Step 07

Ask the area of resistance (in this case, your shoulders) if there is anything else it wants to say.



Step 08

Continue to do this slowly down the body until you have heard areas of the body wanting to talk.



Step 09

Write the messages down and then when your done, take a look at what you have written.



Step 10

Write down the statements on paper. This will prepare you for the next aspect of creating positive messaging with your body.

Now we are listening to our body and most likely finding some dialogue that does not feel supportive. Maybe your uterus has said “I feel defective, and I am tired of your trying to fix me.” Or maybe it said, “take me to the doctor for testing, something is wrong.” Maybe you did not get any dialogue, you just noticed areas of tension and restriction in your body. That is okay because as you talk more to your body, it may reveal things to you over time. Don’t get discouraged if you did not notice much dialogue. It is like building a friendship and can take time, but once you feel safe and talk often, your body may become quite chatty. You may gather more insights with time. This exercise can serve you now but also can help long term.

Body Dialogue Response

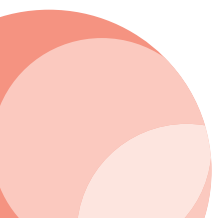
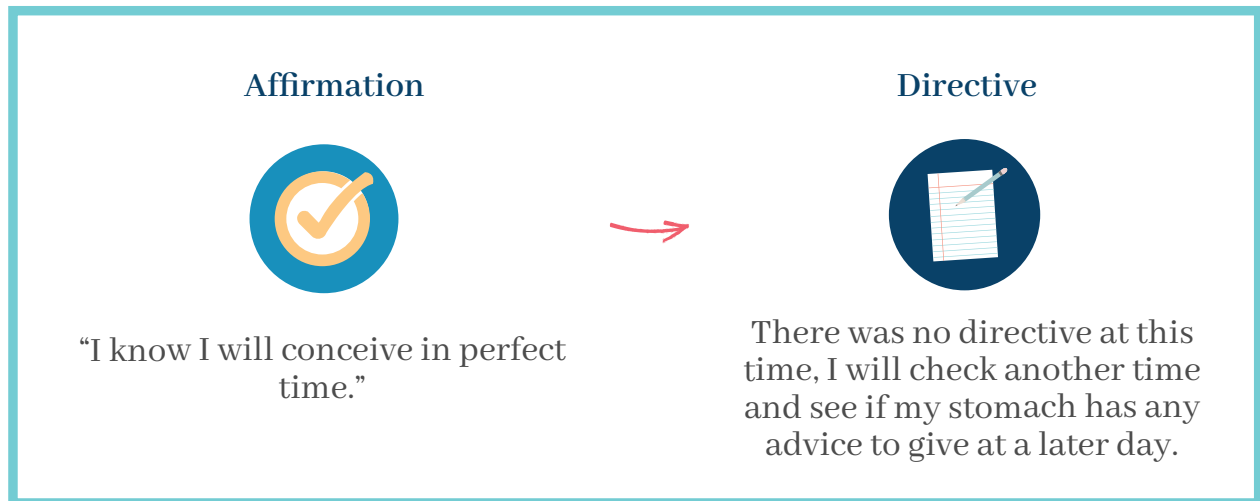
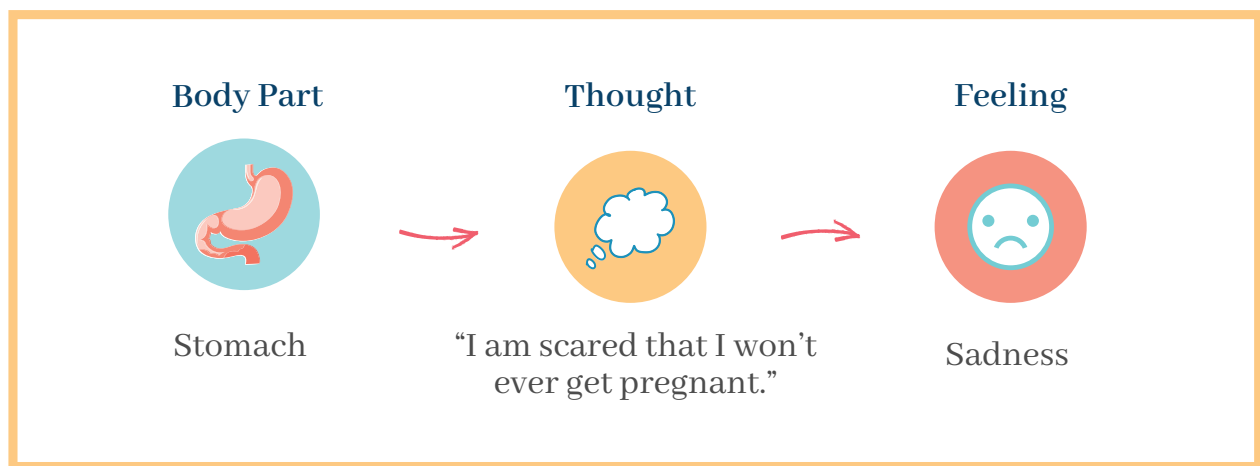
This next phase of body dialogue is to identify the message your body is receiving and saying and turning unsupportive commentary into affirming statements. You are going to do this with the tool of using affirmations. Affirmations may seem like a silly exercise, but they do create a positive dialogue which is supportive and really necessary when dealing with fertility struggles.

Affirmations many times use “I” statements which affirm what is. In this way, you can feel empowered rather than disempowered. Affirmations are body affirming and create a sense of well-being. Affirmations remind you to trust your own inner guidance.

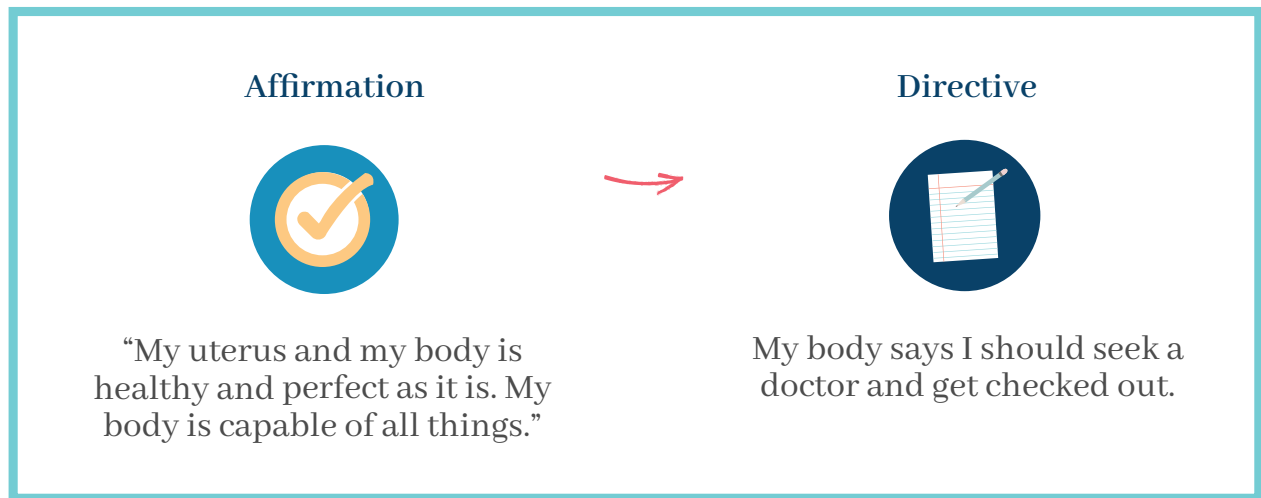
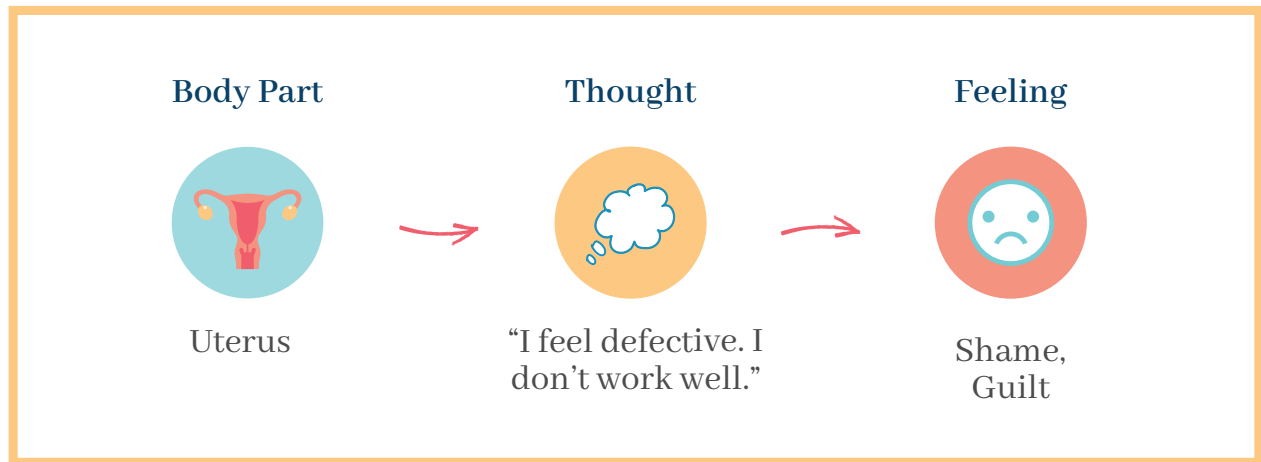
The next part of this exercise will be writing down the thoughts and dialogue of your body and in response creating affirming statements. You will find the practice of using daily affirmations will leave you feeling more at peace and more hopeful than you were before. You may even find that your inner dialogue shifts your perspective to positive thinking and reassuring thoughts that lead to a sense of peace and encourage optimal body physiology.

To do this exercise, you will write the thought your body is voicing and the emotion that thought produces. Then you will create an affirming positive response. See the examples below. Include any directions from your body dialogue.

Example 01

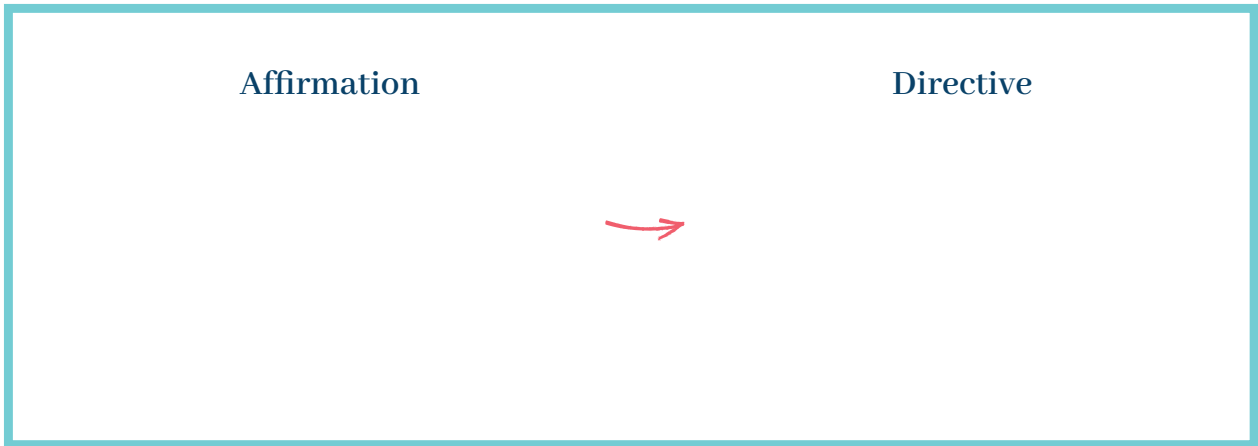
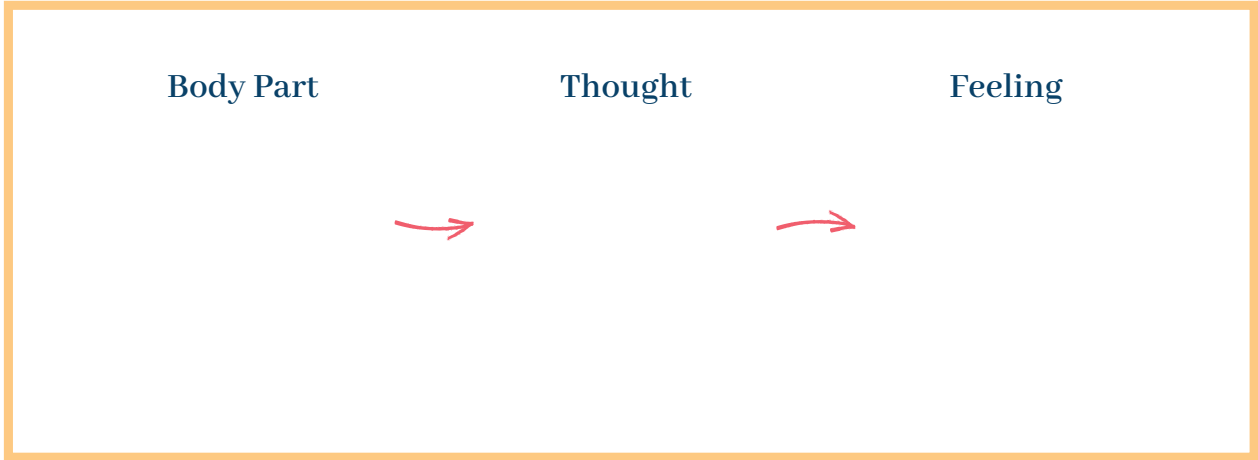


Example 02



Now that you have a hand of this, it's your turn to write out your personal body dialogue. What parts of your body have something to say? What thoughts and feelings are associated with your body?

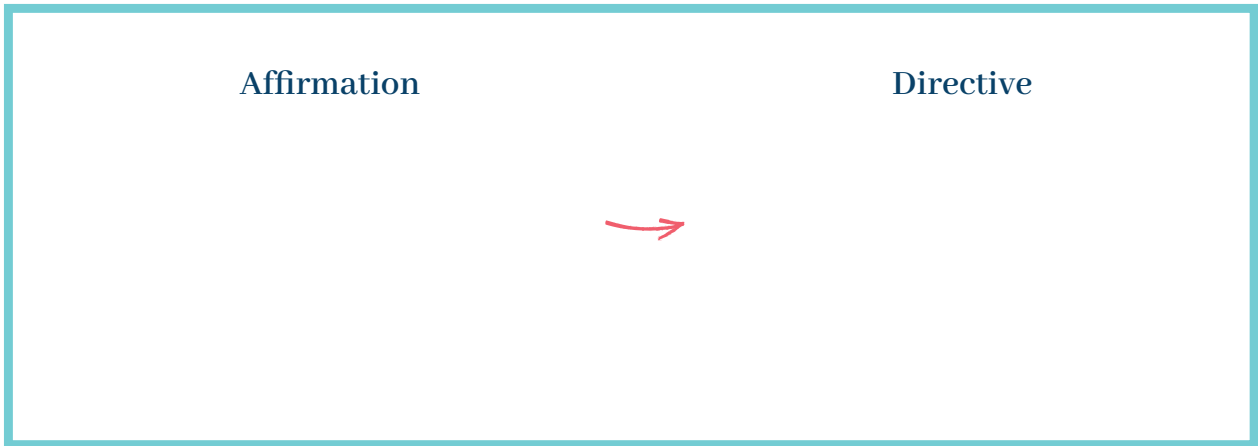
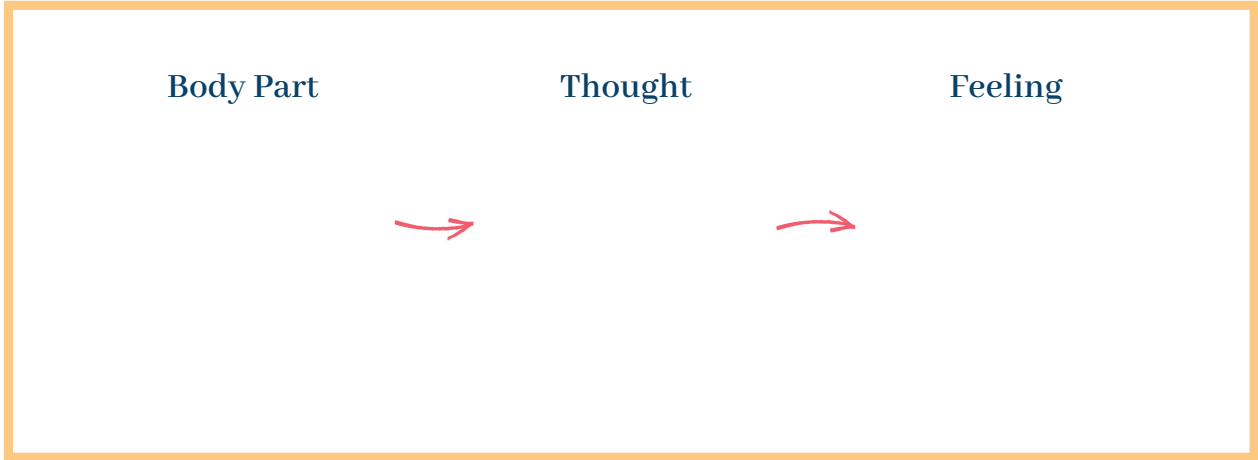
Your Turn!



Additional Notes:

A large, empty light blue rectangular area intended for writing additional notes.

Your Turn!



Additional Notes:

A large, empty light blue rectangular area intended for writing additional notes.

You will use these affirming thoughts and messages to counterbalance the negative thoughts and feelings you have. Once you do this frequently, you will see patterns of self-defeating messages from your body transform. You now have a tool to create change. Use the affirmations that hold the most power over you and repeat them throughout the day. You can say them to yourself in your mind, out loud, or in the mirror. I recommend saying them out loud and sometimes while looking at yourself in the mirror. This gives you more feedback by observing how you respond to these positive thoughts.

If you do this on a consistent basis, you will notice how your inner dialogue starts to shift. Check with your body periodically to see if the messages from your body have changed.

Doing this will support your body and will allow you to tap into your inner wisdom. Maybe your uterus says, 'I need support to balance my hormones'. This could give you a reason to seek out help. Whether you get a directive from your body and/or change your inner dialogue, you will create an optimal relationship with your body which will only support your fertility further.

Summary of Exercises

- Body Scan
- Identifying self-defeating thoughts and/or directives from your body
- Create affirming messages for the body
- Repeat frequently
- Feel better and have less resistance in your body

Enjoy these exercises and have fun with it. Empower yourself to create more inner peace and balance in your body!
-Dr. Kiera Lane