

## Mirror Work with Gratitude Body Scan

**Instructions:** Do this exercise for about 10 minutes. Make a commitment to doing it for several days in a row. If you feel like you need to stop, give yourself permission to do so. You may experience powerful feelings, or no feelings, or anything in between. Doing an exercise that puts you in touch with your body may also put you in touch with emotions you have made it a habit to avoid. Treat yourself with compassion. Consider keeping a journal on what you experience over the days you do the exercise.

Stand in front of a mirror in the least amount of clothing you feel comfortable. In this exercise you will scan through your body parts in the mirror and state at least one thing that makes you grateful for that body part. For example, you might say, “I love my arms because they are muscular and strong.” If this is too difficult, it might be helpful to begin with making amends for the way you have treated your body.

For instance, you may say, “I want to say I’m sorry to my thighs for saying that you were fat and gross and I want to have a better relationship with you.” Here is one way you might try [Making Amends](#) with body parts.

You may notice negative thoughts creeping into your practice. If this happens, it’s ok. Just allow those thoughts to drift naturally out and continue to focus on carrying out the task at hand.

When coming back to the exercise on subsequent days, begin with the same body parts that you used on the previous day, stating something loving, compassionate, or apologetic, and then moving on to other body parts as you are ready.