

Mirror Work with a Nonjudgmental Body Scan (Delinsky et al.)

Objective: Provide neutral comments on 20 different body parts (i.e., hair, skin, eyes, nose, mouth, teeth, chin, neck, shoulders, upper arms, wrists, hands, chest, waist, hips, buttocks, thighs, calves, ankles, and feet), while observing your body in a full length mirror. Post a list of these body parts on the edge of the mirror to guide you during the exposure.

Instructions: There is no wrong way to do this exercise. You can do a relaxation first, or not. You might want to have a journal ready to write down what you feel as you finish the exercise. If you feel like you need to stop at any time, please do so. You may experience powerful feelings from doing the exercise, or no feelings, or anything in between. If painful emotions emerge, please treat yourself gently. Doing an exercise that puts you in touch with your body may put you in touch with emotions you have "lived above the chin" to avoid. Treat yourself with compassion. You might like some comforting - a hug or a soothing bath or a talk with a trusted friend. Consider writing down what you are feeling.

Guidelines: Describe your body parts, out loud, from head to toe. It is important that you do not skip over OR dwell on any parts, but rather, give equal attention to everything you see. Also, do not use critical or unkind language, such as "fat," "too big," "gross," or "flabby." Instead, use objective, nonjudgmental descriptors, such as those relating to color, texture, proportion, shape, or symmetry. This is kind of like describing yourself to someone who is drawing you, but cannot see you. This exercise may seem difficult, but try your best to stick with it until you have described each body part.

Wrists	Feet
Hands	Hair
Chest	Skin
Waist	Eyes
Stomach	Nose
Hips	Mouth
Buttocks	Teeth
Thighs	Chin
Calves	Neck
Ankles	Shoulders
	Upper arms