

the RECOVERY Boy

TRIGGER AWARENESS

EXERCISE FOR SURVIVORS

List some of the places you commonly hear negative body talk

What are examples of the kinds of negative body statements you hear?

Try to identify some of the feelings you experience when you hear these types of statements.

Brainstorm a few ideas of things you could say or do when you hear these types of statements. Try to think of one thing you could say to yourself internally and one thing you could say to combat these types of statements.
