

# FAT GIRL FLOW



***Full Circle***

***Body Liberation***

## DEFINITION OF SELF-WORTH:

the innate value that all human beings are born with and which does NOT increase or decrease in relation to our age, mental or physical abilities, wealth, professional success, perceived value to others, or any other internal or external factor of our lives (despite contemporary cultural insistence otherwise).

## DEFINITION OF SELF-LOVE:

the acknowledgment that you are in an ongoing, evolving relationship with yourself, and that your self is also in a relationship with a greater community, and that BOTH of these relationships require (and deserve) time, attention, nourishment, and gentle cultivation to flourish.

## DEFINITION OF SELF-AFFIRMATION:

gentle (and honest) introspective examination followed by re-alignment of our day-to-day life and greater goals with our own deeply personal values. It's not just about feeling good - and sometimes, it might not feel good if we're honest about personal struggles. Rather, it's about affirming that we're guiding our life, actions, and behaviors with values that we believe in - not cultural values or the values of others in our orbit.

### cultural values you'd like to challenge

in this column write out the cultural expectations that you're facing

"I feel like I can't cut my hair off because people always compliment me on it and say it's a great asset"

in this column write how you would like to challenge those expectations

"My worth is not defined by my hair, and cutting it off would be more comfortable for me. My comfort is more important to me than what others think"

## Eliminate all punitive language:

Remember, your language matters. Instead of criticizing or chastising yourself into compliance, be kind and gentle. Speak to yourself the way your values guide you to speak to others. Would you use this language with someone you love? How would your 5 year old self respond to the language you're using?

## Write down your own unique self-affirmation.

Corissa's favorite self affirmations include:

"My body is my home and deserves love and kindness"

"I am worthy of getting my needs met"

"I am a perfect reflection of myself in this moment"

"I continue to show myself that I am a capable human being"

## Where is your stretch zone?

What parts of your life have you been putting off until you make some magical change to yourself? What small steps could you do **right now** to get you closer to that part of yourself?

"be patient with yourself  
nothing in nature blooms all  
year"

# Module 3

## Intimacy Type #1: ROMANCE

Romantic intimacy refers to both our chosen non-platonic partnerships with others, and also to the possibility of finding and/or creating allure, glamour, and charm in our everyday lives.

## Intimacy Type #2: PHYSICAL

Physical intimacy refers to tactile, touch-related intimacy, which may or may not be sexual. You can be physically intimate with yourself, physically intimate with a romantic/sexual partner, and also physically intimate with platonic friends (cuddling, etc.)

## Intimacy Type #3: EMOTIONAL

Emotional intimacy refers to honest communication with yourself, with romantic/sexual partners, and with members of your community and family. It's about the expression of our needs and wants and the vulnerability required to have that expression. Our ability to engage in emotional intimacy is related to the value we place in ourselves and our ability to affirm our own value as something that isn't related to pleasing or serving others.

## Intimacy Type #4: SEXUAL

Sexual intimacy refers to masturbation and/or sexual intercourse with a partner or partners. It's an experience of self-knowing and an exercise in combining emotional intimacy, romance, self-worth, self-love, and self-affirmation in the act of receiving and/or giving physical pleasure.

## Using the 4 types of intimacy (left) rank YOUR intimacy needs:

Alternatively, you could create a list of which of these comes easiest to you

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

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## Now write a list of romantic activities that compliment your ranking:

Alternatively, write out a list of ways to explore the forms of intimacy that may be more difficult for you

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**Write below how you can personally commit to romancing yourself**

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**Now, brainstorm a few ways that you can build intimacy with others**

Corissa's favorites include: Telling platonic friends you love them, cooking for people, asking people if they'd like a hug or to hold hands

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"Let's romance our lives, because when we romance ourselves, we fall for ourselves too." - Brooke Solis

# Module 4

**Reference the list to below to create your own list of core values**

Authenticity	Determination	Optimism
Achievement	Fairness	Peace
Adventure	Faith	Friendships
Authority	Fun	Pleasure
Autonomy	Growth	Popularity
Balance	Happiness	Recognition
Beauty	Honesty	Respect
Boldness	Influence	Responsibility
Compassion	Humor	Security
Challenge	Inner Harmony	Self-Respect
Community	Justice	Service
Competency	Kindness	Stability
Contribution	Knowledge	Success
Creativity	Leadership	Trustworthiness
Curiosity	Learning, Love	Wealth
	Loyalty	Wisdom
	Openness	

1

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**Do you have a value that you learned from a family member? Write it below:**

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**Now, write an example of an unwanted value passed down from a family member and how you can create a boundary around that unwanted value:**

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“I am learning every day to allow the space between where I am and where I want to be to inspire me and not terrify me.”

— Tracee Ellis Ross



# Module 5

**Can any of your core values be used in the workplace? How are you bridging the gap between your values and your career?**

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**If you are currently in a career that does not align with your values, what self affirmations can you say to remember that your worth is not determined by your labor?**

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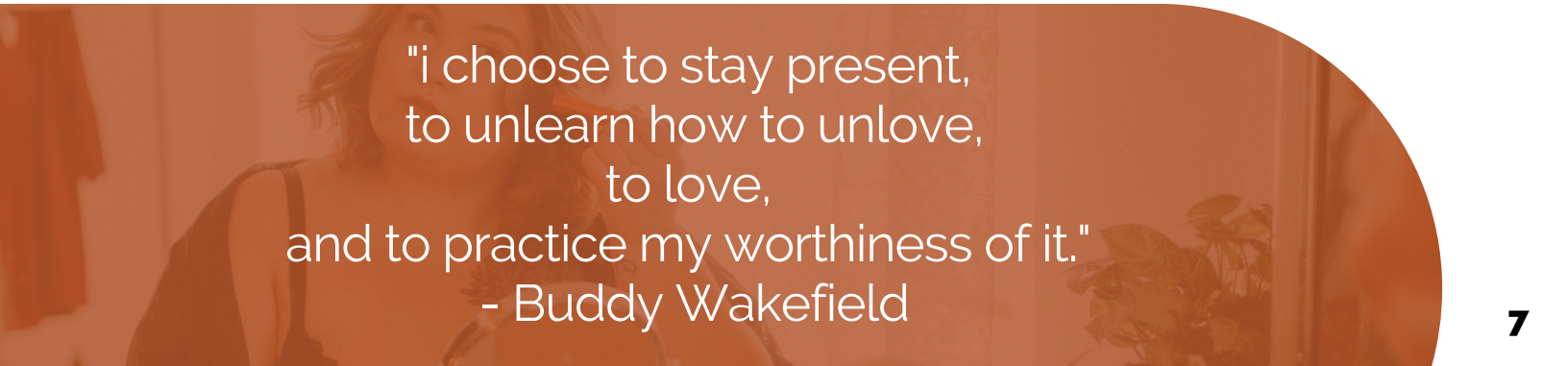
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"i choose to stay present,  
to unlearn how to unlove,  
to love,  
and to practice my worthiness of it."  
- Buddy Wakefield

# Module 6

**Often times we need to pause and ask ourselves how we're doing. Try to take a few deep breaths before answering "yes" or "no" to these questions. Don't judge your response, this information is here to help guide you.**

**DO YOU FEEL PHYSICALLY NOURISHED?** YES NO  
Are you eating regularly? When you wake from sleeping do you feel rested? Are you taking your medications?

**ARE YOU ABLE TO FEEL PRESENT IN DAILY TASKS?** YES NO  
When starting a task are you able to concentrate? Is your brain space taken up by any intrusive thoughts?

**DO YOU FEEL CONNECTED WITH PEOPLE?** YES NO  
Are you honoring your relationships? Do you see people you care about regularly? When you are with others do you feel comfortable?

**DO YOU HAVE ACCESS TO THE RESOURCES YOU NEED?** YES NO  
Are you able to buy groceries and toiletries? Do you have a support system? Do you feel financially secure?

**DO YOU HAVE THINGS TO LOOK FORWARD TO?** YES NO  
Do you have plans to try a new hobby? Do you make appointments for future dates to care for yourself? Do you look forward to your future?

**Do any of these questions bring up a need or want that you've had a hard time identifying?**

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# Module 6

**Are you holding yourself back from experiencing new things within your body? What experiences are you interested in?**

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**Are there any perceived or tangible fears you may encounter during this new experience?**

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**What happens if you don't participate in this experience?**

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**Is your participation guided by your own values, or is it guided by cultural norms?**

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**What actions can you take to create safety around your tangible fears?**

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Instead of challenging yourself to suddenly get your life in order, consider ways to adjust your environment or thinking so that you experience positive consequences. This reinforces non-judgemental thinking, and gives us the opportunity to gently guide ourselves into patterns that foster caring for ourselves. We aren't looking for solutions, rather we're looking for more information to help us explore what we're going through.

01

### **WHAT DOESN'T FEEL COMFORTABLE?**

This can be anything from feeling triggered frequently by daily events, not feeling able to get things done, or having racing thoughts before bed. Don't worry about if this "should" be an issue, don't judge why it feels uncomfortable.

02

### **WHY IS IT UNCOMFORTABLE OR INEFFECTIVE?**

What are the negative effects? Do your racing thoughts make it hard to sleep? Are you getting behind on life tasks?

03

### **WHAT SUPPORT DO YOU NEED?**

Support can come from others or yourself. How can you and your loved ones help set you up for success?

“Too many people overvalue what they are not and undervalue what they are.” — Malcolm S. Forbes

# Module 7

**Now that we've identified areas where we may not be giving ourselves the most care and compassion, we're going to think about making space for new habits and practices. This is about accepting new habits into our lives and how to make space for them, not forcing them. This is not about what you "should" be doing, rather what would make your life one that you enjoy living.**

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### WOULD THIS NEW HABIT PROMOTE HAPPINESS?

When you consider this change, does it prompt good feelings? Is it something that aligns with your values?

### ARE THERE EMOTIONAL BARRIERS?

Do you feel ready to take this on? If it does not go "perfectly" can you cope? Are you able to soothe yourself if it's difficult?

### HOW WILL THIS HONOR MY FUTURE SELF?

Does this new habit benefit your future self? Does it help set you up to be able to take on other habits?

"To be hopeful in bad times is not just foolishly romantic, it is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, and kindness." — Howard Zinn

**Questions to ask Corissa from  
modules 2-6?**

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**Name 5 times you've said "no" when you really wanted to say "yes". What would saying "yes" look like?**

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**What is a feeling or judgement you need to let go of? What have you been carrying around for too long? Leave it here.**

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**Describe an experience you've had that made you feel liberated and free...**

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**What makes you feel fulfilled, and why is it important to you?**

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**What does loving yourself look like to you?  
How can you move toward this?**

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**In what ways do you mask your most authentic self?**

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