



On Body Grief

A prompt for clearing our grief about how our bodies have failed

Like any relationship, our relationship with our bodies is complex. While we might be seeking self-love, sometimes we find that we have to confront the ways we perceive our bodies have failed us in order to move forward.

This writing prompt has two components:

First, list all the ways you believe your body has failed you.

Next, write a letter of forgiveness... and it's okay if you're still angry or hurting or hoping for something different. You can feel all of those things and still start moving toward forgiveness.

My List



My Letter