

Your "Boobies Story"

1

Lay your hands on your chest and listen to the guided visualization

2

Now, answer the following questions. Write down the first words that come to your mind. Respond quickly to capture your gut feeling.

1. How do you feel when I ask you to put your hands on your chest? Being ok with the way your chest is today is important to help you get through this.

2. How did you feel about your breasts when you were younger?

3. What is your breast story in puberty?

Now let's explore your feelings about motherhood.

4. Did you want to be a mother?

5. How did you feel about being a mother?

6. How *do* you feel about your mother?



Now write a story using these words. Note how you feel in this moment. You will do this again at the end of the course.