

I EXPRESS MY EMOTIONS DIRECTLY

My body is special. I will not manifest inner conflict by becoming critical of my body. If within me there exists a struggle between femininity and power and masculinity and power, I will not use my body as a psychological battleground.

It is those times when I feel inadequate, angry or depressed, that I might become too hard on myself. During these episodes, I might look at my physical image with distaste. When that happens I become intolerant of my weight, my height, my physical presence. Perhaps self-hate and inner conflict motivate me to embark on crash diets excessive bingeing or too strenuous exercise.

As I read this affirmation, I become aware that my body is not the cause of the inner conflict that I may feel. With this realization, I will cease abusing or neglecting my body as a means of resolving inner turmoil. Instead, I will learn to express my emotional condition directly and articulately and avoid inflicting punishment on myself.

