Center for BODY TRUST®

WHAT IS BODY TRUST®?

Body Trust is a strength-based, trauma-informed, scientifically grounded healing modality—a way out of the predictable, repetitive pattern of dieting, disordered eating and weight cycling fueled by shame, trauma, and body-based oppression. Body Trust is greatly informed by liberatory frameworks and methodologies including Bobbie Harro's Cycle of Socialization and Cycle of Liberation, Barbara Love's Liberatory Consciousness, Desiree Adaway's Praxis of Liberation, as well as Niva Piran's Developmental Theory of Embodiment, Health at Every Size®, intuitive eating, shame resilience theory, self-compassion theory, and post-modern therapeutic thought. Body Trust is a radically different way to occupy and care for your body that runs completely counter to conventional "wisdom" about food, body image, weight and health in our culture. Here we illustrate what Body Trust might look like in action.

Body Trust is...

- Getting out of your head and back into your body
- Deepening your analysis of what has come between you and feeling at home in your body
- Rejecting restriction and deprivation as a lifestyle or path to health
- Developing a relationship with yourself and your body that is flexible, compassionate, and connected
- Letting go of rigidity and perfectionism
- Grieving the illusion of control, the dream of being thin, the big reveal, the lost time/energy/money, the harm done, and more
- Turning towards your body, looking and listening with kindness and curiosity
- Stretching the outer edges of your body positivity until all bodies belong and are celebrated, including yours
- Divesting from social constructs of beauty
- Listening to your body and discerning the wisdom that comes from within
- Allowing pleasure and satisfaction to finally inform and teach you, as much as what you know to be "good" or "healthy"
- Knowing that when you eat past full or don't eat enough, your body's hunger cues can help guide you
- Becoming attuned to your body's subtle and not-so-subtle cues
- Acknowledging the incredible ways your body shows up for you every day
- Moving your body in ways that feel revitalizing and connect you to sensation, pleasure, and joy
- Rooting self-care practices in weight-neutrality, and trusting your body to sort out the weight
- Advocating for bodies with different access and privilege than your own

Which of these statements stand out to you? Which ones do you want to further explore in the coming weeks?

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