A GUIDED BODY NEUTRALITY WORKBOOK

24 Hours Without *Sucking In Your Stomach*



YOUR INVITATION

Choose one ordinary moment when you tend to pull your belly in for appearance. Ease off as much as feels comfortable, then return to the person or task in front of you.

Type in the pale boxes and save your own copy, or print these pages and write by hand. Pick the pages that fit your day. There is nothing to track while you sleep.

What would I like a little more attention for today?

MORNING

Let the chair choose



Put on the clothes you plan to wear. Sit the way you would on the bus or at breakfast. Reach for one shoe. Notice what the waistband asks of you when you move.

A DETAIL WORTH NOTICING

“I like these jeans standing up. Sitting down, I keep adjusting the button.” You might change clothes, loosen a fastening or wear the jeans because you love them.

What did I notice when I sat down?

Describe the fabric, the fastening or the movement in your own words.

What choice would suit the next few hours?

Consider where you are going and how long you will be sitting.

What do I want to get on with once I am dressed?

Give yourself a destination: breakfast, the bus, a call with a friend.

LATE MORNING

Catch the doorway moment



Think of a doorway, a mirrored lift or the start of a video call. If you notice the impulse to pull in as someone comes into view, recall what you came to do.

A MOMENT TO BORROW

You enter a room to ask Nina about her driving test. Halfway through the door you start arranging your shirt. You can still ask, "How did it go?" and listen for her answer.

Where did the urge show up?

A few details are enough. You can use a recent memory.

What had I come to do or say?

Write the actual question, task or name you wanted to remember.

Where did my attention go next?

You might remember a detail of the conversation, or simply feeling distracted.

LUNCH

Give lunch a subject



Choose the lunch you wanted. If your clothes pinch as you lean over your plate, make a practical adjustment. Give your curiosity something specific to follow.

AT A TABLE FOR ONE OR TWO

With company, ask for the next bit of a story. On your own, see what the soup tastes like with a squeeze of lemon, or finish the song you were listening to.

What would make sitting here easier?

Consider your seat, the position of your plate or a tight button.

What am I genuinely curious about?

Write a question for your lunch companion or a detail you want to explore.

What do I remember about this lunch?

A taste, an answer or a line that made you laugh belongs here.

AFTERNOON

Find words you believe



Catch one appearance thought. Write it down if that feels useful. Then try a sentence specific enough to suggest a choice. Plain language works well here.

ONE THOUGHT, REWRITTEN

“Everyone can see my stomach in this.” Try “I feel exposed in this top today.” Now there is a choice: keep wearing the top, change, or take your time deciding.

What went through my mind?

If repeating the thought feels unhelpful, just describe the situation.

What is a gentler sentence I actually believe?

Try beginning with “I feel…”, “I noticed…” or “Right now I would like…”

What small choice does that sentence give me?

You could move seats, change the subject or carry on with your afternoon.

EVENING

Choose the photograph



Imagine someone raising their phone at dinner. Take a moment to decide whether you want a picture, who you want in it and where you are comfortable having it shared.

A LINE YOU CAN USE

“I would love a picture with my aunt. Please send it to us and keep it off social media.” Staying out of the photo is a choice too. Try the words that feel natural to you.

What would I want to remember about this moment?

Think of a person, a ridiculous detail or a reason the gathering matters.

What would I like to say about taking or sharing the photo?

Write a sentence short enough to use at a noisy dinner table.

If there is no camera tonight, what deserves my attention?

An evening alone counts. Perhaps there is a line in a favourite show.

BEDTIME

Keep one detail



Set the mirror aside before bed. Recall an ordinary moment from today. If the practice made you more preoccupied with appearance, you can leave it here.

AN HONEST ANSWER

“I felt most watched when I was alone in the mirrored lift. Later, I forgot about my reflection because my friend finally told me the whole book club story.”

When did I feel most watched?

Name the setting. What, if anything, made the moment easier?

What did I get to enjoy today?

Write one detail you would like to remember tomorrow.

What felt like too much?

You can leave a practice behind or save it for a quieter setting.

THE NEXT MORNING

Take one thing with you



Think back to yesterday without counting how often you remembered. Which moment gave you a little more choice? Choose one part to keep, adapt or leave behind.

BUILD A CUE YOU CAN LIVE WITH

“When I sit down for breakfast, I will find a comfortable position and ask how you slept.” If you only remember over supper, you can begin there.

One thing I learned about my day

It might be about clothes, company, privacy or the way a room is arranged.

My plan for one ordinary moment

Finish this in your own words: “When I …, I would like to …”

What would I tell myself on a difficult day?

Write the words you would want to find here when you open this page again.