

7. MOVING CLOSER TO FEELING

COMFORTABLE

After this challenge, you might not be as scared of feeling embarrassed during physical activities. You may feel more hopeful and willing to make changes to how you move, and to take steps in facing and overcoming any shame you might feel.

CHALLENGES

#1.

(20 MIN)



Answer the following questions:

- When do you feel like you're not being active enough? For example, when do you have the feeling you are being lazy or not moving around as much as you should?
- When do you feel embarrassed or highly-conscious while being active? Is there a certain situation or place that makes you feel this way?
- What makes you feel ashamed when you're not exercising enough? Is there something specific that bothers you when you're not staying active?

#2.

(30 MIN)



Talk to a good friend or family member about feelings of shame related to physical activity. If you trust this person enough you can share about your own feelings of shame.



Be active

Be well



PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!



#3.

(10 days)



Think about the physical activities you are currently doing. Are you doing them because you like them? Or are you doing them just to make sure you won't get a feeling of shame?

- If you really like doing the activity, great!
- If not, think of an activity you would really like to do. Which suits you better?
- When you've picked an activity, try this out 4 times in the next 10 days. Note down every time how you feel in terms of shame before, during and after doing the activity.

"Growth starts where comfort ends. Each step, even the awkward ones, brings you closer to the joy of movement."



Be active

Be well



PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!

