

Love Your Self

Body Image #4: Finding Your Freedom Point



You've probably heard of an "ideal weight" – which is usually a number from a chart, based on your height and a few other factors. But is this "ideal weight" truly ideal for you? Let's explore your "Freedom Point" weight:

STEP 1 - Recall your highest weight. How old were you, and what were your eating/exercise habits?

STEP 2 - Recall your lowest weight. How old were you, and what were your eating/exercise habits?

STEP 3 - Consider apathy. If you were sedentary and binged every day, what might you weigh?

STEP 4 - Consider obsession. If you were extremely rigid with eating and exercise, what might you weigh?

STEP 5 - Reflect about the weight your body seems to "prefer" – what you tend to weigh when you're not trying to control your eating or exercise, nor are you rebelling with complacency. This is the weight which may be your "Freedom Point" – a weight your body can naturally maintain, free of eating disorders. Your actual Freedom Point weight may be slightly higher/lower than what your body has preferred in the past.

STEP 6 - How does it feel to consider allowing your body to find its new Freedom Point? Are you willing to trust the process? Why or why not?

STEP 7 - Use the diagram below and record the various weights which reflect extremes, and your possible Freedom Point. This can give you a realistic "ideal weight" to consider on your journey of recovery.

