

# MAKING AMENDS WITH YOUR BODY

with Penny Plautz

## The Playsheets

### INSTRUCTIONS

Notice  
all the things  
you judge  
about your  
every part  
of your  
body.

Notice  
how harshly  
and  
how often  
you  
judge  
your body.

Choose  
to befriend  
your body,  
not  
judge it.

1.  
Check all the things you judge about your body on the **Judgeable Offenses** playsheet. Add any body parts, systems, organs, or senses I may have forgotten.

2.  
Circle all the words you use to judge your body parts, systems, organs, or senses on **The Judgments** playsheet. Write in anything that you might say that I haven't listed.

3.  
Look at all your judgments.  
**Ask:** Who do these judgments belong to?  
**Flip:** What if the opposite were true?  
**Consider:** Would you say these things to someone you love?

4.  
Take the sheet of judgments and **throw them away or burn them.** These judgments no longer serve you. Now you're choosing to befriend your body, not judge it.

5.  
**Practice non-judgment.**  
(It will take practice.)  
If a judgment comes up, go back to Step 3.



# JUDGEABLE OFFENSES

## THINGS I'VE BEEN KNOWN TO JUDGE...

### BODY PARTS

_____ Head	_____ Hair	_____ Ears	_____ Cheeks
_____ Face	_____ Nose	_____ Mouth	_____ Lips
_____ Eyes	_____ Eyebrows	_____ Eyelids	_____ Eyelashes
_____ Chin	_____ Arms	_____ Elbows	_____ Wrists
_____ Hands	_____ Fingers	_____ Knuckles	_____ Nails
_____ Neck	_____ Breast	_____ Nipples	_____ Shoulders
_____ Belly	_____ Butt	_____ Back	_____ Hips
_____ Thighs	_____ Knees	_____ Shins	_____ Calves
_____ Heels	_____ Ankles	_____ Feet	_____ Toes
_____ Biceps	_____ Triceps	_____ Hamstrings	_____ Quadriceps
_____ Ovaries	_____ Vagina	_____ Penis	_____ Prostate
_____ Bladder	_____ Anus	_____ Abs	_____ Waist

Fill in the blank: \_\_\_\_\_

### SYSTEMS

_____ Circulatory/Cardiovascular	_____ Digestive
_____ Endocrine	_____ Immune
_____ Integumentary.	_____ Lymphatic
_____ Muscular	_____ Nervous
_____ Respiratory	_____ Reproductive
_____ Skeletal	_____ Urinary

Fill in the blank: \_\_\_\_\_

### ORGANS & SENSES

_____ Brain	_____ Heart
_____ Lungs	_____ Liver
_____ Kidneys	_____ Stomach
_____ Intestines	_____ Skin
_____ Spleen	_____ Pancreas
_____ Thyroid	_____ Joints
_____ Hearing	_____ Vision
_____ Smell	_____ Taste
_____ Touch	

Fill in the blank: \_\_\_\_\_

# THE JUDGMENTS:

CIRCLE ALL THAT APPLY  
WRITE IN YOUR OWN

WHINY FRIGID  
THIN DRY STOCKY  
SAGGY SOFT  
STOUT

POCKMARKED  
STINKY  
LIMP  
VARICOSE VEINS  
DEFORMED  
SMELLY  
BIG

CREPEY LARGE HARD  
FLAT SENSITIVE  
WIDE  
VOLUMINOUS BAD NARROW TIGHT  
CROOKED  
OBESE ROUGH LEAN SHINY  
SLIM FIRM RAW ILL LOOSE  
PLUMP CHUBBY STAINED PUFFY  
ITCHY FUNKY PETITE BLOTCHY AGE SPOTS

ACHY HYPOCHONDRIAC  
THICK POINTY  
GASSY FAT RASHES HAIRY  
PERKY FLESHY DECREPIT  
ACNE INFERTILE OILY  
SHARP BALD SHORT SMALL  
TIGHT GOOD BRUISED  
BIRTH MARKS

CELLULITE SKINNY  
FOUL BIG-BONED  
WIRY FRECKLED CLAMMY  
ASSYMETRICAL RED BLEMISHED  
RASH  
UGLY WEAK DYSFUNCTIONAL  
FLAWED NEAR-SIGHTED FRAIL  
FAKE JAUNDICED  
BLOTCHY

UNSIGTLY TALL TINY  
BLOATED OLD WRINKLY  
FIT STRAIGHT TRANSLUCENT ECZEMA  
HEALTHY NASTY DECREPIT MATURE  
SILKY TENDER NAKED UNSIGHTLY LEAKY  
STIFF CHALKY DISEASED  
DARK CIRCLES WARTS FLAKY  
DELICATE BLIND  
LUSCIOUS LEATHERY SENSUAL PALE  
VOLUPTUOUS DEAF