BODY-LED LIVING BY VJERA

What “I Feel Fat” Might Really Mean

A gentle body-led practice to move from body shame into clarity, care, and curiosity.

“I feel fat” is not a feeling. It can be a familiar shortcut your inner world uses when something else needs attention.

Take what helps. Leave what does not. This guide is not about talking yourself out of your experience; it is about listening beneath it.

Before you begin

This is a pause—not a test you can pass or fail. The phrase “I feel fat” can feel intensely real, especially when you have learned to use your body as the place where stress, guilt, pressure, and disappointment get expressed.

You do not need to argue with the thought or force body love. Start by treating it as a signal, then gently ask what it may be trying to communicate.

> A note of care: This guide is for reflection and does not replace support from a qualified mental-health or eating-disorder professional. If body thoughts feel relentless, lead to restricting, bingeing, purging, compulsive movement, or make daily life feel unsafe, specialised support can be a compassionate next step.

The intention

To build enough trust with yourself that, when the harsh voice appears, you can become curious instead of cruel.

Step 1: Name the moment

Pause for one breath when you hear your inner voice say, “I feel fat.” You do not need to fix, debate, or believe the thought. Just notice it.

Then ask yourself:

What happened just before this thought appeared?

For example: my routine changed; I saw a photo; I ate differently; I felt rushed; I compared myself; someone made a comment.

What am I telling myself this thought means about me?

What do I notice in my body right now?

Tension, heaviness, heat, numbness, a clenched jaw, shallow breath, tears, or an urge to hide are all valid observations.

Step 2: Find the feeling underneath

Read each group slowly. Circle every word that fits—even a little. There is no correct number. Your body may recognise the feeling before your mind has a full explanation.

Pressure & control
○ Out of control ○ Behind ○ Scattered ○ Pressured ○ Restless ○ Unable to keep up

Self-judgment
○ Guilty ○ Disappointed ○ Ashamed ○ Not good enough ○ Like I failed ○ Afraid I let myself down

Overload & depletion
○ Overwhelmed ○ Exhausted ○ Overstimulated ○ Lonely ○ Numb ○ Needing rest

Connection & safety
○ Disconnected ○ Unseen ○ Unsupported ○ Vulnerable ○ Scared ○ Needing comfort

The feeling—or combination of feelings—I most want to acknowledge is:

Step 3: Let your body guide you

Ask: “Where does this feeling live most strongly in my body right now?” Let your hands rest there. This is not a diagnosis; it is an invitation to listen.

Lower belly

Place both hands gently below your navel. This area may hold shame, a need for comfort, or a longing for pleasure, creativity, sensuality, and permission to be fully alive. In a chakra framework, this is connected with the sacral chakra.

Ask: “What feels difficult for me to allow?” “What would comfort feel like right now?”

Middle belly / solar plexus

Place your hands over the centre of your stomach. This area can hold pressure, performance, self-worth, and fear of failure. In a chakra framework, it relates to agency, boundaries, and how you see yourself in relation to others.

Ask: “What expectation am I struggling to meet?” “What am I calling a body problem that may really be fear of failing?”

Heart

Place one or both hands over your heart. Here, “I feel fat” may be carrying disappointment, grief, loneliness, or the need for compassion.

Ask: “What am I disappointed about?” “Where do I need kindness rather than criticism?”

Step 4: Listen for the message

Choose one or more prompts. Let the first honest answer be enough.

- “I feel fat” may be my way of saying: _____
- What feels out of control right now is: _____
- The expectation I am struggling to meet is: _____
- What I am afraid this says about me is: _____
- What I actually need more of is: _____

A reframe to practise

Instead of: “My body is the problem.”
Try: “Something in me needs care, and my body is where I learned to speak about it.”

Step 5: Choose one kind response

You do not have to solve everything today. Choose one small response that meets the real need—not the punishment your inner critic suggests.

If it is guilt or disappointment: Name one thing that was hard, and one realistic promise you can keep today.

If it is overwhelm: Reduce one demand, drink water, sit for two minutes, or ask for practical help.

If it is disconnection: Place a hand on your body, step outside, move gently, or contact someone safe.

If it is exhaustion: Let rest count. Choose nourishment, quiet, a shower, earlier sleep, or less input.

If it is fear or shame: Try: “This is hard. I do not have to earn care by being perfect.”

One kind response I can offer myself today is:

Your body is not a verdict

“I feel fat” may be a learned language of self-criticism. It may show up when life is messy, routines change, needs go unmet, or you feel far from the version of yourself you thought you had to be.

You are allowed to pause before turning a difficult moment into a problem with your body. You are allowed to meet the part of you that hurts with more truth and less punishment.

Keep one hand where you feel the thought most strongly, and place the other on your heart.

“Underneath ‘I feel fat,’ I may be feeling _____.”

“What I need most right now is _____.”

Created by Body-led Living by VJERA
For compassionate self-inquiry and embodied reflection.