

# Love Your Self

## Self-Image #3: The Four Aspects of the “True Self”



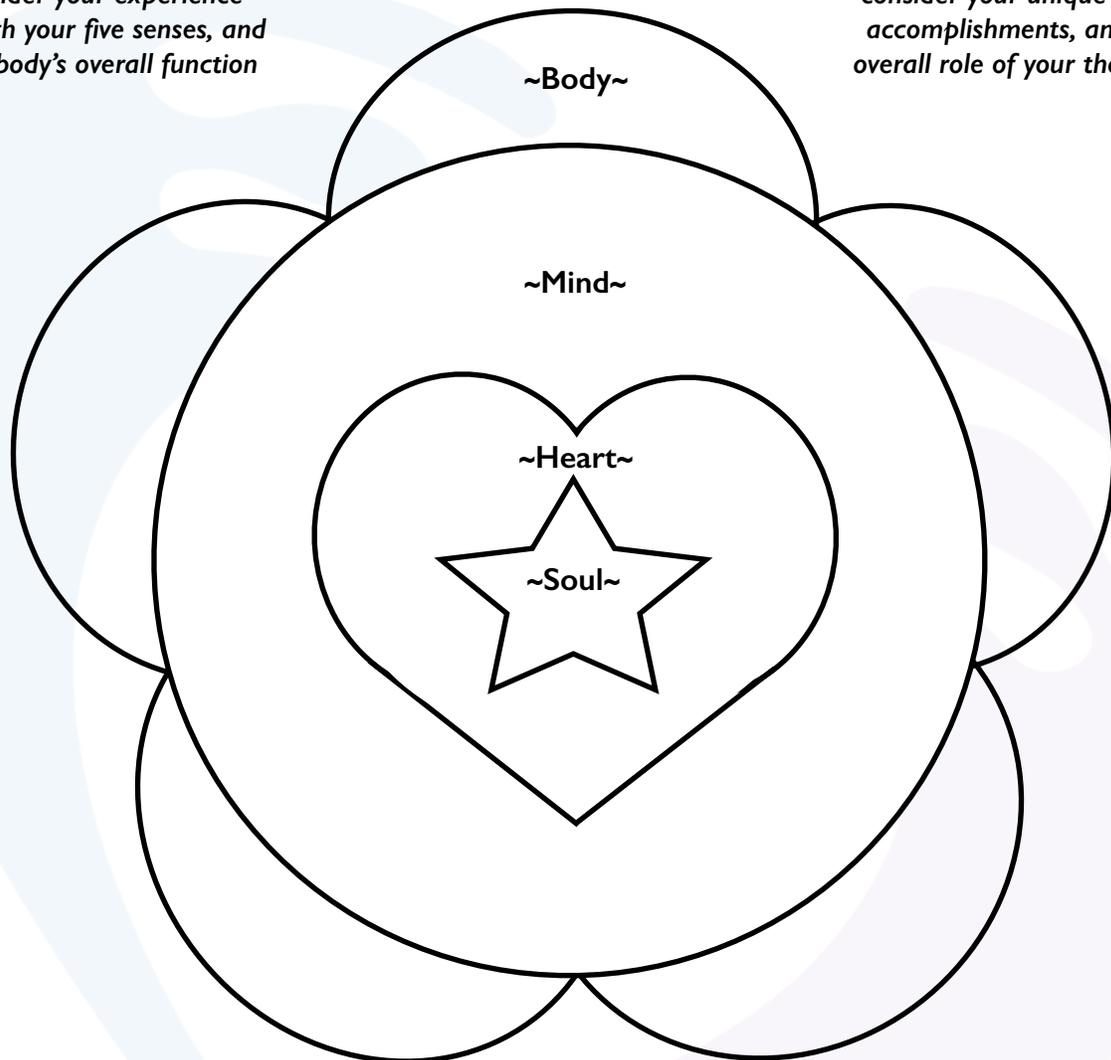
Your Eating Disorder (ED) is not who you really are – and ED’s focus on your body as your identity is a “false self.” You are more than your body! Your “True Self” has four main categories – Body, Mind, Heart, Soul. What do each of these mean to you? Access the “Inner Wisdom” of your Intuitive Therapist (IT) – and consider IT’s source:

### **BODY - PHYSICAL**

*consider your experience through your five senses, and your body’s overall function*

### **MIND - MENTAL**

*consider your unique skills, accomplishments, and the overall role of your thoughts*



### **HEART - EMOTIONAL**

*consider your personality, your passions, and your capacity to feel a range of emotions*

### **SOUL - SPIRITUAL**

*consider your core essence, your “sixth sense,” and how you use your intuitive abilities*