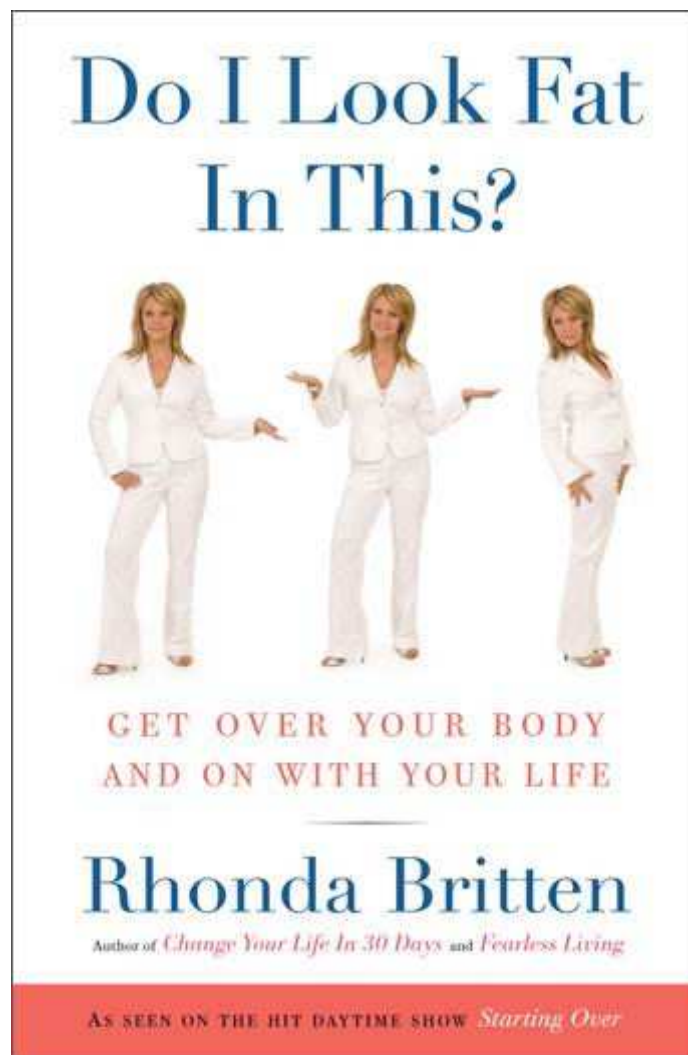


Fearless Book Group Study Guide

A Companion to the Book.....



Do I Look Fat in This? Get Over Your Body and On With Your Life

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How to Get the Most from Each Chapter of: Do I Look Fat in This? Get Over Your Body and On with Your Life

1. Read the chapter assigned in the FBG Study Guide before your FBG meeting. This guide is designed to give you maximum benefit of *Do I Look Fat in This? Get Over Your Body and On with Your Life*. Please follow the outline of the chapters provided in this Study Guide to enhance your comprehension and application.
2. Complete the Fearbuster Exercises in each chapter before your FBG meeting.
3. Not all body issues are about weight. If you have group members with different body challenges, encourage them to insert their challenge into the questions where it applies.
4. Together, study the chapters reflecting on the questions we have provided as your guide. Answer as many questions that time allows. To ensure understanding, we encourage each member to review, on their own, the questions for each chapter. This will support the FBG as a whole and each member individually.
5. Assign the Fearless Integration Homework. This will support your FBG in mastering *Do I Look Fat in This?* rather than just reading about it. Integration is the key.
6. Review at the beginning of each FBG meeting the insights, changes and results each member experienced regarding the chapter studied the week before. This ensures further integration of the chapters. Allow between three to five minutes maximum per member.
7. Choose a facilitator for the meeting. That person is designated to keep the group focused on the questions to make sure integration is being supported.
8. Share. Share. Share. This is the time to find out you are not alone. We all have fear and your willingness to share yours helps the entire group be more honest with themselves.
9. Complete each FBG by asking each Team member to share one gratitude and one acknowledgement regarding that meeting.

Chapter 1 - Why Do I Feel So Fat?

In addition please read the introduction

“Your negative body image has little to do with your actual body!”

-Rhonda Britten

Discuss Chapter 1. Use the following questions as your guide.

1. Share about a time when you felt good enough?
2. What is your standard of beauty?
3. What measures have you taken to obtain beauty?
4. How does dressing ‘in style’ affect you?
5. What is the perfect body shape?
6. What would need to happen in order for you to like your body?
7. What are ways you have used your body as a trump card to get out of doing things?
8. What excuses about your body have you been using? Example: I won’t go to the pool because I feel too fat in my bathing suit.
9. When you look in the mirror what happens? Do you feel confident, powerful or sexy? Does body hatred take over before any other thought can occur?
10. What do you like about your body?
11. What don’t you like about your body?
12. What do you think Rhonda means when she says, “Your negative body image has little to do with your actual body”?
13. What is the feeling you are refusing to feel?
14. What does it mean to embrace, accept, and love your body?
15. How would your life change if you were to embrace, accept, and love your body?

Fearless Integration

1. Keep a log of all the ways you embraced, accepted and loved your body this week.
2. Consider what might happen if you were to see your body as working for you and you for your body.

Chapter 2 – What Does My Perfect Body Look Like?

“Your desire to be perfect is stopping you from the experiencing the very love you so desperately want to feel.”

-Rhonda Britten

Discuss Chapter 2. Use the following questions as your guide.

1. In what ways have you been satisfied with your body?
2. What does looking your best mean to you?
3. What triggers you to talk negatively about your body? (Seeing someone thinner than you, clothes not fitting, etc.)
4. What events have you skipped because of not feeling good in your body?
5. What does the perfect body look like?
6. What is the perfect body capable of doing?
7. What has the quest for perfection cost you?
8. Has your quest for perfection empowered or disempowered you?
9. In what ways do you beat up yourself for not having the perfect body?
10. How do you keep yourself stuck in a negative body image?
11. On your quest for the perfect body what experiences do you miss out on?
12. How will embracing your humanity set you free from the media-obsessed version of who you are taught you 'should' be?
13. How often does the number on the scale determine your mood?
14. What is the cost and benefit of allowing the scale to influence your mood?
15. How could loving your body enhance the love you have for yourself?

Fearless Integration

1. Make a list of your top 10 negative thoughts about your body. Now take each of the negative thoughts and turn them into a gratitude for your body. Example: I am out of shape. Shifts to: I am grateful for a body that continues to support me in moving, walking, and living.
2. What would it take for you to choose accept your body? Love your body?

Chapter 3 – What Are My Hidden Beliefs About My Body?

“Learning to accept your body as is and choosing to be healthy and fit regardless of your limitations happens one awareness at a time, one action at a time.”

-Rhonda Britten

Discuss Chapter 3. Use the following questions as your guide.

1. How does a distorted body image give you permission to beat yourself up?
2. How do you become friends with your body?
3. What excuses do you make about your body?
4. How do your excuses about your body support you?
5. What do your excuses cost you?
6. Which takes more energy, *hiding* your body or *exposing* your body?
7. In what ways do advertisements for fast weight loss programs affect you?
8. What expectations do you have around food and exercise?
9. What would make good health possible for you?
10. How do your feelings run your life?
11. What could be the source of your negative food cravings?
12. How are you willing to move toward loving the body you have?
13. In what ways does your body work for you?
14. What are things about your body that cannot change?
15. What are you willing to accept about your body?
16. What change are you willing to make today?

Fearless Integration

1. Ask three people you love and trust to share 3-5 compliments about your body. Write down what they say.
2. Are you willing to trust and accept what they share? What is the benefit of taking the compliments in and believing them?

Chapter 4 – How Does My Body Hold Me Back?

“Excuses let you off the hook (and excuse you) from living your potential, and that includes accepting your body and loving it fully.”

-Rhonda Britten

Discuss Chapter 4. Use the following questions as your guide.

1. How willing are you to stick with your plans to have a healthy body?
2. What gets in the way of your plan to have a healthy body?
3. What would it take for you to be satisfied with your body?
4. What would be different in your life if you were to hit your goal weight?
5. How can knowing your limitations empower you?
6. Share your top 5 excuses for not having the body you want.
7. What celebratory events have you missed because of your excuses?
8. What problems are you really avoiding when you make excuses about your body?
9. If you had no excuses, what would you do?
10. What distracts you from pursuing a healthy body?
11. What parts of your body do you hide behind?
12. Rhonda asks, “Are you proud to be you, or are you too busy wishing you were somebody else?” How does this question impact you?
13. In what ways does your body keep you from accepting love from others?
14. What will it take to allow others to love you?

Fearless Integration

1. Write a letter to yourself from a place of being proud, loving and accepting of the body you have. What would you most like to hear?
2. Imagine the possibilities if you stopped making excuses and made peace with your body.

Chapter 5 – Who Am I Comparing Myself To?

“In order to heal our body, we must heal our prejudices against it. It’s the only way we will finally see the beauty of our body.”

-Rhonda Britten

Discuss Chapter 5. Use the following questions as your guide.

1. What do the complaints around your body represent?
2. When you compare yourself to someone else, what are you most likely to compare?
3. How does it make you feel to compare your body with someone else’s?
4. Do you associate with people who have different bodies than you do?
5. Do you have any silent contracts with friends or family about being the “thinner or heavier” one?
6. When have you felt betrayed by someone else’s weight loss?
7. When would it be beneficial to compare yourself to another person?
8. How does your low body confidence impact those around you?
9. Rhonda says, “Jealousy is a teacher giving you the next step on your path.” What do you think she means?
10. Define jealousy.
11. What are you jealous of?
12. How might gratitude’s support you when you are feeling jealous?
13. Which parts of your body can you love, accept, and make peace with?
14. Which parts of your body give you permission to give up?
15. How can you search for the good in the parts of your body that you’ve considered your enemy?

Fearless Integration

1. This week journal your awareness of how often you compare yourself to others. Make a note of how you feel when you are comparing.
2. What would happen if for the next 24 hours you were willing to thank your body each time you see yourself in a mirror or reflection?

Chapter 6 – Can I Ever Really Love Myself

“Learning to love yourself includes being willing to be with yourself exactly as you are, regardless of how you feel.”

-Rhonda Britten

Discuss Chapter 6. Use the following questions as your guide.

1. Imagine it is 10 years from now, what kind of thoughts might you have about your body?
2. What happens when you ache for the body of your past?
3. What does your weight give you permission to do?
4. How do your thoughts about your weight affect your relationships?
5. Discuss: “Much of our excess weight is caused by the shameful feelings we harbor about our past failures, family histories, and disappointments in ourselves.” How does this connect for you?
6. How can our excess weight be both a form of protection and a route to self-punishment?
7. What is society’s attraction to the mythical images from childhood?
8. What is the benefit of looking at yourself in a full length mirror?
9. What information does looking in a full-length mirror provide?
10. How can you release your body obsessions?
11. What will support you in loving your body exactly as it is?
12. How does your “love giving” ability relate to your “love receiving” ability?
13. What have the changes in your body taught you over the years?
14. What are the gifts you receive from your body every day?

Fearless Integration

1. Write 50 gratitudes about your body.
2. Consider what is possible for you, if you choose to believe the gratitudes you have written.

Chapter 7- How Do I Age Gracefully?

“The way we care for the inside of our bodies will help determine how our outsides look and how we feel about our body as a whole.”

-Rhonda Britten

Discuss Chapter 7. Use the following questions as your guide.

1. What does it take to have a balanced and physically fit body?
2. What does “aging gracefully” look like?
3. What thoughts or feelings come up for you around aging?
4. What are your secret expectations about your body?
5. Rhonda asks, “What is your fate based on your family lineage?” What are the negative beliefs you have about your future based on your family tree, your family genes, etc?
6. What are some healthy habits you are proud of?
7. What new habits would you like to integrate into your life?
8. Who are the people in your life that can support you in learning more about the aging process?
9. What does the statement “being old,” mean to you?
10. What are the costs and benefits of lying about your age?
11. What thoughts or feelings come up when you share your age?
12. How would you like to age?
13. What choices will support you in aging the way you would like?

Fearless Integration

1. Journal about the messages you received from your family regarding the aging process. List the changes you will make for future generations.
2. Reflect upon how your view of the aging process will shift as you accept yourself as you are.

Chapter 8- How Can I Take Responsibility for my Body?

“Learning to look at your body as a teacher is an important step.”

-Rhonda Britten

Discuss Chapter 8. Use the following questions as your guide.

1. How often do you take responsibility for your life?
2. In what ways do you blame others for your body issues?
3. How does your body keep you safe?
4. How does your acceptance or denial of compliments affect your body image?
5. What message are you giving those who are complimenting you when you dismiss or minimize their compliment?
6. How do you know when you are in “not taking responsibility” mode?
7. How do you define self-love?
8. What does it mean to take responsibility for your body?
9. In what way is your body a barometer for your emotional life?
10. In what ways did you use your body in the past to get what you want?
11. What thoughts, feelings, and actions are you attempting to avoid by not listening to the needs of your body?
12. What is the lesson your body is teaching you?
13. In what ways is your body your best teacher?
14. What is it you would like to learn next from your body?
15. Fill in the blank: The next step in taking responsibility for my body is _____.

Fearless Integration

1. Brainstorm and make a list of 10 ways that you can use your body to express an empowering self-image.
2. Imagine what is possible in your future as you take responsibility for your body?

Chapter 9- How Do I take My First Step?

“By committing to taking just one step at a time, I am learning how to integrate my new behaviors into my life rather than trying to dump my entire life and make up a new one on the spot.”

-Rhonda Britten

Discuss Chapter 9. Use the following questions as your guide.

1. In what ways do you have control of your body?
2. What were some of the messages you received as a child about your body?
3. How do the messages you received as a child impact you now?
4. How does water affect your body?
5. What are you willing to do to make sure your body gets the water it needs every day?
6. What would have to change for you and your body to become friends?
7. In what ways do you and your body communicate?
8. What are your thoughts about Rhonda’s quote, “The better you take care of your body, the better your body will take care of you”?
9. What does your body need in order to function at its highest potential?
10. What healthy steps have you already taken?
11. What is your next step?
12. Share an acknowledgment that you wrote this week regarding your health.

Fearless Integration

1. Write down what step or steps you are willing to take in order to meet the needs of your body? Journal daily about your experience.
2. Begin to ponder, what type of support would allow your next step(s) to be less challenging?

Chapter 10- What's the Point of Exercising?

“Making a commitment to love your body is not just a bunch of words. It is action in motion. You will be called to put your commitments before convenience.”

-Rhonda Britten

Discuss Chapter 10. Use the following questions as your guide.

1. How has your exercise practices changed over the years?
2. Where is your body on your priority list?
3. How do you view exercise?
4. What are the costs and benefits of exercising?
5. How have your past experiences with exercise influenced the way you view your body?
6. Discuss: “The messages we received from our parents influence our entire lives unless we learn to make our opinion, our decisions matter more.”
7. What is your favorite exercise?
8. What is your favorite active activity?
9. How will you incorporate exercise into your life on a consistent basis?
10. When you experience your commitment wavering, what type of support can you engage?
11. What judgments do you have that interfere with exercising?
12. What excuses do you use to avoid exercising?
13. What can you do to support your commitment muscle to become stronger than your excuse muscle?
14. What lifestyle changes are you willing to working on?

Fearless Integration

1. Write down three exercise goals. Share them with a support buddy this week. Journal about what it is like to take action with these goals.
2. Think about the cheerleaders in your life and what ways can you accept their words more fully?

Chapter 11- Am I Fated to Be Fat?

“What you are fated to be, according to your genetics, your soul, and your heart is a magnificent, vibrant person who is worthy of health, well being, and self care.”

-Rhonda Britten

Discuss Chapter 11. Use the following questions as your guide.

1. What are some of the ways you abuse food?
2. How might your life be different if you did not use food as a scapegoat?
3. In the past, how did you use food as a form of control?
4. What is your food legacy?
5. Today, is your legacy working for or against you?
6. What would you like your new food legacy to look like?
7. What did you learn about the foods that are connected to your past and how they impact you today?
8. In what ways does food support you in getting your emotional needs met?
9. How can you honor your food legacy and your feelings?
10. What insight did you gain in regards to the foods you eat and why you eat them?
11. What is the difference between a craving and a hunger signal?
12. What are your hunger signals?
13. What are your craving signals?
14. How often do you eat foods to reward yourself? To meet emotional needs? To satisfy your taste buds? To nourish the health of your body?
15. How does your body respond to the food choices you make?
16. Other than using food what are some ways that you can nurture yourself?

Fearless Integration

1. This week document each time you eat and indicate whether it was a craving or actual hunger. Journal how recognizing these differences will support you in making healthier choices
2. Be aware of what you want to feed with your individual food choices?

Chapter 12 - How Can I Open my Life to Nurturing a Healthy Lifestyle?

“Choosing to really occupy your space and make it yours is a testament to your willingness to own all of your parts.”

-Rhonda Britten

Discuss Chapter 12. Use the following questions as your guide.

1. What does self care mean to you?
2. In what ways has your self care changed in the last 12 weeks?
3. In what ways has your self-acceptance changed in the last 12 weeks?
4. What are the differences between self-love and self-centeredness?
5. How does your environment impact the way you live your life?
6. In what ways is your home a metaphor for your life?
7. What actions can you take today to create an environment that increases your body awareness?
8. How is your relationship with your body the same as your relationship with your home? How are these relationships different?
9. How will your life be different if you let go of dreams that no longer serve you?
10. How does your external environment relate to your internal health?
11. What “if” and “then” statements do you make that keep you stuck? Example: “If had more time I would ...” or “when I finish this project then...”
12. What kind of environment nurtures your body and soul?
13. What did you notice about your surroundings this week?
14. What are some ways that you can pamper yourself?

Fearless Integration

1. Create a list of 50 ways to nurture yourself. Make 10 of those ways cost little to no time or money (you can do it in less than 5 minutes or for less than \$2).
2. Notice how you feel internally when you take care of external business.

Chapter 13- How Can I Get Over My Body...and On with my Life?

“In order to get over your body and on with your life, you must face the ultimate test: You must decide between you and your fears.”

-Rhonda Britten

Discuss Chapter 13. Use the following questions as your guide.

1. What are your perfect body fantasies?
2. What expectations do you have about having the perfect body?
3. What is your body truth?
4. What would it mean for you to surrender who you think you should be to embrace who you are capable of becoming?
5. What does it mean to live healthfully in your body?
6. What are you committed to regarding your body?
7. What are the costs of focusing solely on the results regarding your body?
8. What are the benefits of focusing on the results regarding your body?
9. In what ways do you listen to your body?
10. Share one aspect of your body that you are willing to commit to focusing on today.
11. What “markers” do you need to accomplish in order to feel satisfied with your body?
12. What would it take to feel satisfied without needing to reach any “markers?”
13. What fears are preventing you from getting over your body and on with your life?
14. What are you willing to do to shift from fear to freedom?

Fearless Integration

1. Create a two-column list: perfect body verses healthy body. What are the similarities and differences in your lists? Which body supports your journey?
2. What is possible for you as you learn to accept your body just as it is right now?

My Fearbuster Team

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

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