

Mirror Work Exercise

Mirror work involves spending time in front of a full-length mirror, or the closest thing you have to one. The goal is to dedicate a little time each day to appreciating parts of your body.

- Stand in front of a mirror wearing as little clothing as you can comfortably bear. Try doing this after you get out of a bath or shower so that you feel as relaxed as possible. If you are wearing clothes, wear ones that feel nice on your skin and feel good to see yourself in.
- Looking at yourself in the mirror, choose one specific part of your body you see that you appreciate. Say out loud what that body part is and why you like it. (It's okay if the thing you appreciate is something like your ears which allow you to hear the voices of people you love or your legs which have carried you to all your favorite places.)
- Touch the part of the body you're talking about as you speak. Take a moment after you speak to note whether you experience any pleasure or sensations when you touch this part of your body.
- List more than one body part if you feel like it, or stick to just one per day.
- Resist the urge to list things you don't like about your body. If you see things you don't appreciate, simply nod and redirect your attention to a part of your body that you do appreciate.
- Repeat this exercise every day for one week. Each day, revisit what you listed the day(s) before. Then add one more new thing you appreciate. You should have 7 things you appreciate about your body by the end of the week.

Notes:

- You can wear less clothing each day if you feel like it, but you don't have to if you don't want to, and you are always allowed to put more clothing on if you want to.
- If you appreciate a part of your body because you like the way it looks, that's great! If not, that's also great! We can appreciate our bodies for all kinds of reasons, not just visual ones, and all reasons for liking our bodies are equally valid.
- It's okay if some days are harder than others. Do your best, and don't quit.
- Try mirror work with your genitals! This can go a really long way for appreciating the parts of your body associated with sexual pleasure and orgasm.

Mirror work can be really hard at first. Our eyes are naturally drawn to what we perceive as faults, and negative comments from others can weigh heavily on us. However, with practice, you can slowly find reasons to love every part of your body.

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