
The Somatic Woman

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I am wonderfully and beautifully made

I am loved by God

I am made in the image and likeness of Christ

I care for my body

I care for my mind

I care for my soul

I am safe

I am beautiful in my skin


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I feel things deeply

I rest when I am tired

I am not broken

I find home in my body

I do not have to perform

I am not defined by my productivity

I deserve love, respect, and rest

I have passion and depth


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I protect my peace

I do not live with guilt

I take small steps

I am authentically me

I am doing my best

I take breaks

I don't fit into one neat box

I embrace the dynamic layers of my mind


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I am a child of God

I am held in God's grace

I am chosen

I am redeemed

I am forgiven

I listen to my body

I make time for me

I am grounded in my identity in Christ