

# BEFORE

Please illustrate how you experience your body.

Feel free to add your own words!

COMPACT

SYMMETRIC

THORNY

HEAVY

SMALL

JITTERY

BIG

SOFT

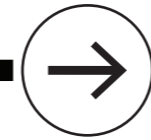
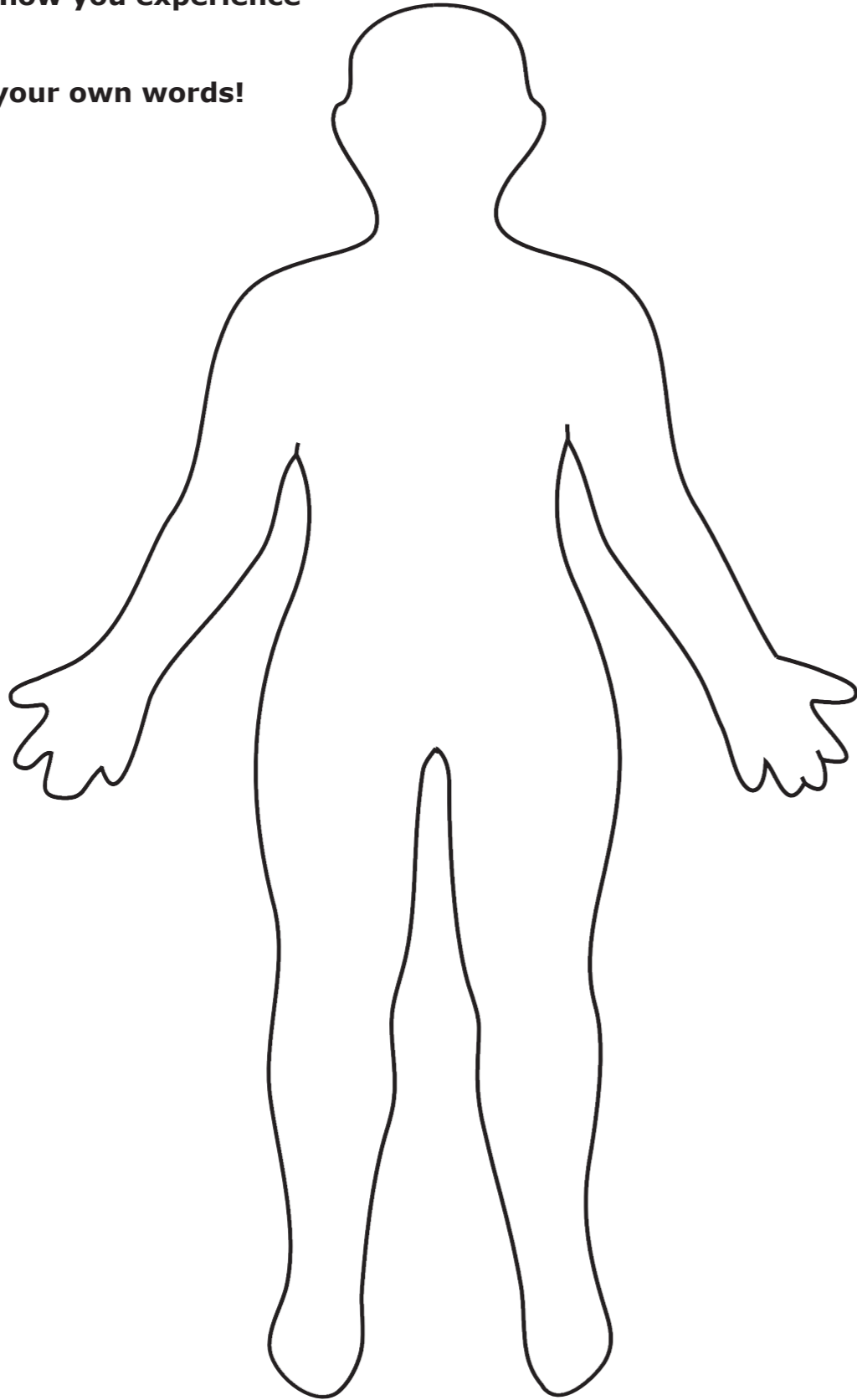
ASYMMETRIC

UNBALANCED

BALANCED

LIGHT

STIFF



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