

Your Relationship With Your Breasts

Reflection Sheet

1. Body Image

Acceptance and Self-esteem:

How do you feel about the size and shape of your breasts?

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Have your feelings about your breasts changed over time?

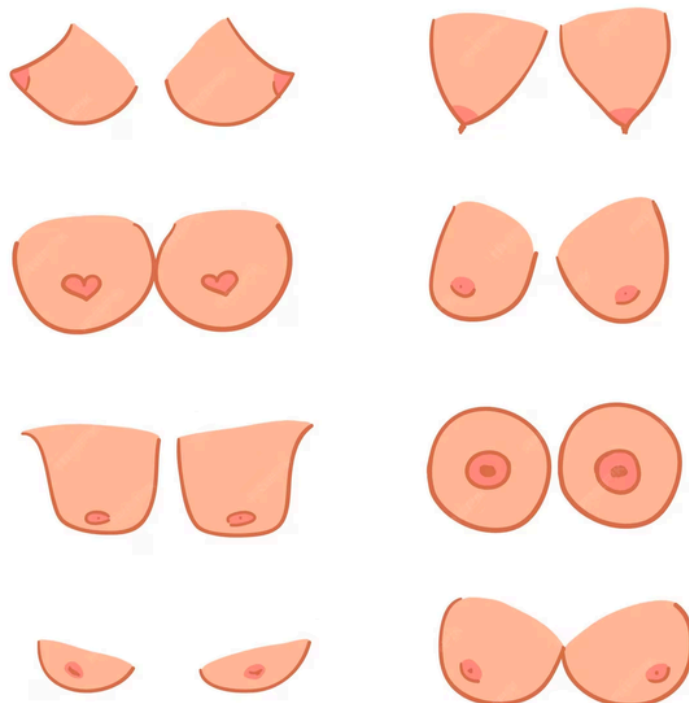
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Are there moments when you feel particularly positive or negative about them?

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Types of women's breasts

Influences:

What external factors (media, peers, culture) influence how you perceive your breasts?

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How do these influences make you feel?

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Changes Over Time:

How have your breasts changed over the years (due to factors like age, pregnancy, weight fluctuations)?

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How have these changes affected your self-image?

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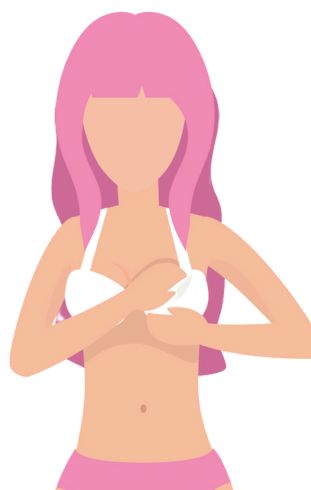
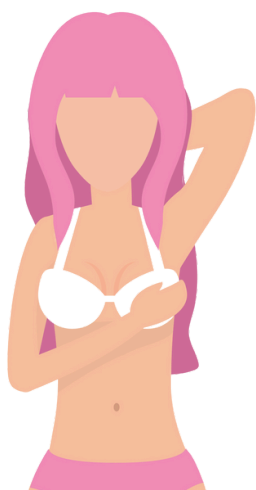
2. Care and Health

Routine Checks:

How often do you perform self-examinations?

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Are there any lumps, pain, or other concerns you've noticed?

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Professional Consultations:

When was the last time you had a mammogram or visited a doctor for a breast examination?

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How do you feel about seeking professional advice regarding your breast health?

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Bra Comfort:

Do you wear bras that fit well and feel comfortable?

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How does your choice of bra influence your daily comfort and body image?

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3. Sexuality

Sensations:

How sensitive are your breasts?

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Are there certain touches or sensations that you particularly enjoy or dislike?

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Intimate Moments:

How do you feel about your breasts during intimate moments?

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Are there certain acts involving your breasts that you find pleasurable or uncomfortable?

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Communication:

Have you discussed your feelings about your breasts with your partner?

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Are there certain boundaries or preferences you've communicated?

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Final Reflections

What positive affirmations can you tell yourself about your breasts to enhance your body image?

Are there self-care practices or routines you want to adopt for better breast health?

How can you better communicate your feelings and boundaries related to your breasts in intimate settings?

Take your time with these questions. Remember, your relationship with your body is deeply personal and ever-evolving.

By reflecting on these aspects, you can develop a healthier and more positive relationship with your breasts