



A little  
morsel  
of...

emBODYment

# The Crappy to Happy Graph

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*'You are unrepeatable. There is a magic about you that is all your own' ~ Dellinger*

For this little morsel of emBODYment, we are going to take a little water-ski through your past.

We want to build a picture of the patterns and themes that have accumulated into the Body Story you are telling yourself right now. By the end of this exercise you will have the kind of perspective that leads to revelations and insights.

I have tried and tested this groovy little tool, with hundreds of people I've led in workshops to explore their relationship to change in the workplace. It's such an effective way of exploring any area of your life where you feel discomfort.

## How to complete this exercise

The Crappy to Happy Graph is in three parts: first we will explore the significant moments and memories from your Life Story; then we'll do this for your Body Story. Part three is making sense of what your graph is telling you.

Time runs along the bottom axis – from your birth to your current age. The side axis is a rating scale – from Seriously Crappy to Super Happy. You are going to use this rating scale.

You will need half an hour to yourself, two coloured pens and a notebook.

## **Part One: Your Life Story**

- The first colour is for **Your Life Story**:
  - Start from the first important memory of your Life
  - Rate the experience from Crappy to Happy
  - Putting an 'X' at the intersections of your age and how Crappy or Happy that memory feels.
  - Give that memory a short name and write it on the graph near the 'X'

- Continue on through your life until now. Just let the memories surface. These may be about your childhood, family life, loss, money, education, relationships, grief, career - what events are important?
- Just dip into the memory and back out again. If it feels important then it is - trust your intuition.
- When you have put all of your X's on the graph, join these up with a line. Awesome!

## **Part Two: Your Body Story**

- The second colour is for **Your Body Story**:
- Repeat the exercise on the same graph, but this time choose the memories *specific to your body*. These may be childhood experiences of your body, health, illness, sex, weight, injury, pregnancy and birth... again just trust your intuition - if it feels important then it is.
- You may have memories that are in your Life Story AND your Body Story - *that's very interesting* – mark the experience on both lines.
- When you have put all of your X's on the graph, join these up with a line.
- You should end up with two different coloured lines on your page.

## **Advanced Action Step for Master Ninjas**

If your body weight has fluctuated throughout your life, (and like me you remember exactly how much you weighed at every memorable life event), use a third colour to plot your weight over your lifetime.



### ***Part Three: What does it all mean?***

Once you have completed this exercise you will have two different coloured lines on the graph, and perhaps another indicating your weight. Get out your notebook. What can you see?

- What was going on in your life when you felt happiest? What about crappiest? What was your relationship to your body in these moments?
- If you completed the third line - where is your weight when life is happy? Or crappy?
- Where do the lines of your Life and Body Stories meet? What feels significant about this?
- What patterns have emerged?
- Are there stories or beliefs about your life and your body that you have held onto?
- Are they true? How do you feel about yourself when you believe those thoughts? How do you treat your body when you believe those thoughts? How do you treat the dreams you have for your life when you believe those thoughts? Who would you be if it never occurred to you to think those thoughts?

*We'll be using the 'Crappy to Happy Graph' in week two of emBODYment, when we deeply explore your body story and learn how to let go of the thoughts and beliefs that no longer matter.*

***emBODYment opens 1st of May 2013 - join us!***