

Body Gratitude Letter Templates

Thank your body parts that still work

Why Body Gratitude?

Chronic illness makes us hyper-focused on what's broken. This practice redirects attention to what's still working - without dismissing what isn't. You're allowed to be angry at malfunctioning parts while appreciating working parts.

Important: This is NOT toxic positivity. You don't have to love your malfunctioning body. You're simply acknowledging that some parts are still cooperating.

Example Letters

Dear Left Knee,

I know Right Knee is a disaster. I know you're probably scared you're next. But thank you for still bending, for still holding my weight, for still letting me walk to the bathroom in the middle of the night. You're holding down the fort, and I thank you.

Love, Me

Dear Hands,

I know mornings are rough. I know your knuckles hurt and your joints are stiff. But thank you for the afternoons when you cooperate. Thank you for still letting me type, hold my coffee mug, pet my dog, and hug the people I love. You're doing your best in terrible circumstances.

Love, Me

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Your Turn: Write Your Letters

Dear _____,

Love, Me

Dear _____,

Love, Me