

Body Reclamation

This is my body
I own it.
It belongs to me.
I have the right to say yes.
I have the right to say no.
I have the right to say who.
I have the right to say when.
I have the right to say how.

I can speak my body's truth.
I do not have to lie about my experience.

No matter what was done to me.
No matter what was told to me
My body is sacred and beautiful and precious.
I honor my body.

My body is, was, and will always be
Mine.
I own it
It belongs to me.

Sabrina Santa Clara