MAPLE MENOPAUSE COMPANION WORKSHEET

Body Changes, Body Respect

A practical reflection worksheet for meeting a changing body without turning it into a project.

Use what fits Skip any prompt that is not useful or safe. These pages are for reflection, not scoring, diagnosis or proving that you are coping correctly.

Notice what changed

CBT-informed observation

What changes have I noticed in weight, shape, strength, appetite, energy, sleep or comfort? Which are facts, and which are judgments I have absorbed?

What does my body need?

Self-compassion + problem-solving

What would support my health or comfort today: food, movement, rest, medical advice, clothing, pain care or less pressure?

Challenge the rule

ACT psychological flexibility

What body or appearance rule am I carrying? What would I choose if that rule were quieter?

Find the useful goal

Values-guided action

What do I want more of in daily life: stamina, steadiness, pleasure, mobility, confidence, connection or something else?

One respectful next step

Behavioural activation

What is one small action that supports that value without punishment or restriction?

A note about care and safety

No weight-loss promises

Bodies change for many reasons. This worksheet does not prescribe dieting or promise weight change. Seek clinical assessment for sudden or concerning changes.

Related Maple Menopause article:
https://maplemenopause.com/the-midlife-metabolic-shift-menopause-body-composition-and-weight/

Adapted for education and reflection; not therapy, diagnosis or individualized medical advice.