

7 Things to Affirm

Affirmations are the ‘way to go’ to keep a counseling session moving forward toward change. Offering an affirmation in a weight neutral way is easy if you focus on these seven things.

1. The **DESIRE** to change towards self-care and self-kindness.
2. The ability to **SEE CHOICES** or **OPTIONS** aren't tied to restriction or deprivation.
3. The **ABILITY** to identify sustainable steps toward change.
4. The willingness to **COMMIT** to **SELF-CARE** vs. being a specific weight or size.
5. **ACTION.**
6. The **EFFORT** to engage in self-care despite the surrounding diet-culture.
7. The **INSIGHT** after reflection of goals and values.