WN4DC Mini-counseling course

Affirming Size Diversity

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About This Course

This webinar will review how to affirm size diversity

Please download the handout for this webinar.



Learning Objectives

- State two benefits of focusing on size diversity diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about size diversity.





Crafting Affirmations

Affirming the many ways size acceptance and size diversity may present for the client.

• Desire to accept their body and other bodies (not in a comparison).

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- Ability to see bodies come in all shapes and sizes.
- Ability to identify steps toward body acceptance (theirs or others).

Crafting Affirmations

- Willingness to commit to embracing his/her body as it is.
- Being aware of size diversity as a concept.
- The effort to accept the body as it is, without change.
- Insight that arises from less body judgment and more body/size acceptance.

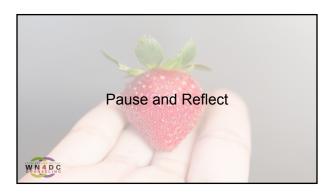
Crafting Affirmations

- Desire to accept their body and other bodies (not in a comparison). "Wice desire! To accept your body as it is."
- Ability to see bodies come in all shapes and sizes. "Sweet! Your eyes are open to body diversity."
- Ability to identify steps toward body acceptance (theirs or others). "Good job/Amazing how you see the steps for body/size acceptance."

Crafting Affirmations

- Willingness to commit to embracing his/her body as it is. "You are ready to embrace yourself no weight loss required. High-five!"
- Being aware of size diversity as a concept. "You are more aware of a larger movement and the support it could provide. Well done!"
- The effort to accept the body as it is, without change. "You are sitting with acceptance. Beautiful."
- Insight that arises from less body judgment and more body/size acceptance. "Your insight is inspirational."





Learning Objectives

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- State two benefits of focusing on size diversity in diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about size diversity.



Writing Prompts: Affirmations 6

- Desire to accept their body and other bodies (not in a comparison).
- Ability to see bodies come in all shapes and sizes.
- Ability to identify steps toward body acceptance (theirs or others).

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Writing Prompts: Affirmations 6

- Willingness to commit to embracing his/her body as it is.
- Being aware of size diversity as a concept.
- The effort to accept the body as it is, without change.
- Insight that arises from less body judgment and more body/size acceptance.

