

# 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.



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### 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.



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



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### 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.



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### Crafting Affirmations

- Desire to accept their body and other bodies (not in a comparison). *"Nice 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."*



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### 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."*



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### Pause and Reflect



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### Learning Objectives

- 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.



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### 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.



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