

# Writing Prompts: Practicing Affirmations

- Desire to expand diet or identify what foods are triggering.
- Ability to see all foods can fit – it is learning when, where, and how much works for their body.
- Ability to identify steps toward adding variety to the diet.

# Writing Prompts: Practicing Affirmations

- Willingness to commit to eating a wide variety of foods and end restrictive eating.
- Being able/aware of how a new food may/may not promote self-care.
- **The act of eating.**