



CAROLINE GREEN

NUTRITION

BODY ACCEPTANCE AFFIRMATIONS

using principles from Acceptance and Commitment Therapy (ACT)

- I don't like this feeling, but I have room for it.
- I don't have to love my body right now to respect it.
- I'm having the feeling of....
- It's unpleasant, but I can accept it.
- Thank you, body.
- This is my body.
- I recognize that I am thinking negatively about my body.
- I don't like my body and I don't have to. But right here and now, I accept it.
- There's that negative body image thought again, but I don't have to buy into it.
- I'm letting this thought go.
- Is thinking negatively about my body right now helpful?