



Body Image Affirmations

<u>My Body Image Thoughts</u>	<u>My Affirmations</u>
<p>Write the first word or words that come to mind when you read the following words:</p> <p><i>Example:</i></p> <p>“Gross”</p>	<p>Write a counter affirmation for each negative thought related to your physique. Every time you think a negative thought, counter it with the affirmation!</p> <p><i>Example:</i></p> <p>“I welcome serenity and freedom into my body and my life”</p>
Fat	
Hips	
Stomach	
Thighs	
Buttocks	
Hair	

Legs	
Back	