

terrible mood. As we began to work on her daily affirmations, we decided a few things. First off, she didn't have to be naked in front of the mirror; it was too triggering and shaming for her. She also didn't have to say anything that she didn't mean. Instead of saying things that she didn't believe, she created some affirmations that she did believe. She began to look at herself in the mirror in the morning and say, "Your body deserves to be loved and taken care of, no matter what it looks like," and she believed it. She wrote down several affirmations on index cards and pulled them out when she needed them, or looked at them in the morning as she brushed her teeth. As she continued to believe that her body did deserve love, she eventually began to see herself as beautiful. Only then did she begin to believe her original affirmation.

Think about things that you might not believe but would like to believe about yourself. Create affirmations that would help you achieve these feelings. Write these affirmations on index cards and carry them around with you in your purse each day to look at them when you are feeling down on yourself or when your critic is loud. Place them on your bathroom mirror, or on your work computer.

Affirmations should make movement. They should not cause you to stop and have an internal conflict with yourself. Using affirmations should help you to get to your eventual goal. But you need to make sure that you actually believe the affirmations that you are making. For example:

The Goal You Want to Accomplish	The Affirmation to Help You Get There	The Eventual Affirmation
I don't want to hate my body any more.	My body deserves love.	I love my body unconditionally, just the way it is.



I want to stop  
binge eating.

Each day I am  
working on  
reducing my binge  
eating. Sometimes  
I slip up, but  
that's okay, it's a  
normal part of the  
recovery process.

I am completely  
at peace with food.

I want to  
be perfect.

It's okay for me  
to allow myself  
to be human.  
Part of being  
perfectly human  
is being imperfect  
and I can  
accept that.

I am perfect,  
whole and  
complete  
just the way  
I am.

I want everyone  
to like me.

Some people will  
like me and some  
people won't.  
That's okay,  
I know that I am a  
good person and  
that's what counts.

I love myself  
completely.

I want to  
lose weight.

I am working  
toward having  
a healthier body.  
As I continue to  
make healthy  
choices, my body  
will settle into  
its natural weight.

Food nurtures me  
and keeps my  
body healthy and  
beautiful.