

Taking care of myself matters and improving my relationship with food and body takes time.

My body is functional and capable.

I am more than my body.

I have a body and I'm working on accepting it as it is.

My body deserves basic care and respect.

My body will change over time, and that's normal.

I can try to listen to my body's signals and respond to them.

I recognize what my body does for me.

This is my body and I'm working on respecting it.

I'm learning to listen to my body and respond to what it needs.

I'm working on trusting my body's signals by responding to them consistently.

I'm working on trusting my body's needs by eating foods that are satisfying and nourishing, without over-restricting.

I can work on listening to and trusting my body.

Bodies come in different shapes and that's normal.

My body's signals can guide me toward eating in a way that generally works for me.

Health and wellbeing aren't limited to one body size.

I can eat a variety of foods and pay attention to what I actually want.

I feel good when I'm adequately fed and satisfied.

Foods don't need to be labeled as strictly "good" or "bad."

I have flexibility in what I eat and can consider what my body needs.

There's a gap between where I am now and where I want to be with food, and that's okay.

Food gives me energy and I can appreciate that.

I am doing the best I can right now and that's enough.

Healing takes time, and I can be patient with myself.

I don't have to have this figured out today.

I am allowed to take up space.

My worth isn't tied to what I eat or how my body looks.

I can be gentle with myself, especially on hard days.

Recovery isn't linear, and setbacks don't erase my progress.

I am allowed to ask for help and support.

I am learning, one day at a time.

I can notice difficult thoughts without believing everything they tell me.

I don't have to earn rest, food, or care.

Small steps still count as steps forward.

I am not alone in this.

I can be curious about my needs without judging myself for having them.

Progress doesn't have to be perfect to be real.