

41 Affirmations for Setting Boundaries around Body Comments

A moment to pause, reflect, and choose a useful next step.

1. My need for care does not depend on looking cheerful.
2. I can say that I do not want my appearance discussed.
3. I can change the subject without offering a defence.
4. I can explain to a host that appearance talk makes gatherings harder for me.
5. I can repeat a boundary after an attempted joke.
6. Concern from another person does not remove my right to privacy.
7. I can appreciate care without agreeing to every suggestion.
8. A short answer can be a complete answer to a personal question.
9. I can say that my body is not open for discussion.
10. I can change the subject if I choose.
11. I can leave a disrespectful conversation when possible.
12. I can ask a trusted person for support.
13. I can decide which response fits the situation.
14. I can prepare a brief response before a gathering where comments are common.
15. I can choose not to laugh along with a remark that hurts.
16. I can refuse to rank another person's body in return.
17. I can recognise that good intentions do not erase an unwanted impact.
18. I can decide what I want someone to understand before I begin explaining.
19. I can ask for listening instead of unsolicited advice.
20. I can repeat a boundary without supplying a new justification each time.
21. I can say when advice is unwanted, even if it was meant kindly.
22. I can name a personal preference even when someone else is helping.
23. I can keep my meal separate from commentary about size.
24. I can say that a personal question is not open for discussion.

25. I can choose a brief answer instead of a long argument.
26. I can name what respectful conversation would look like.
27. A respectful conversation makes space for my preferences.
28. I can choose a trusted person to help communicate an update if I wish.
29. I do not need to promise an outcome in order to care for myself today.
30. A change in my needs is information worth taking seriously.
31. My interests, preferences, and relationships exist beyond health concerns.
32. A difficult day does not make me responsible for things outside my control.
33. I can let my circumstances shape a realistic expectation for today.
34. I can recognise care that happens quietly and without an audience.
35. I can avoid treating silence in one moment as permanent permission.
36. I can raise the concern later if that works better.
37. I can protect my comfort without proving someone intended harm.
38. I can expect the boundary to matter beyond the first request.
39. I can review a sharing decision when circumstances change.
40. My story belongs to me even when someone else is curious about it.
41. I can recognise kindness while still declining an unhelpful response.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/setting-boundaries-around-body-comments-affirmations/>