

21 Affirmations for Body Acceptance after Seeing Edited Images

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

1. I can question an image's construction.
2. I do not know what was edited.
3. I notice how scrolling affects me.
4. I can put the screen down.
5. I let real skin have texture.
6. I do not need a filter to deserve respect.
7. I choose a more varied feed.
8. I can stop zooming into comparisons.
9. I recognize lighting and posing.
10. I do not mistake advertising for a requirement.
11. I return attention to my surroundings.
12. I can follow people for ideas.
13. I value my lived experience.
14. I do not owe an algorithm my confidence.
15. I can take breaks from appearance content.
16. I remember that photographs omit context.
17. I allow ordinary bodies to look ordinary.
18. I can unfollow without an explanation.
19. I deserve less visual pressure.
20. I spend attention on something nourishing.
21. I come back to my own life.

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/affirmations-body-acceptance-seeing-edited-images/>