

21 Affirmations for Body Acceptance When Clothes Stop Fitting

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

1. I can replace an uncomfortable garment.
2. I do not need clothing to punish me.
3. I deserve a waistband that fits.
4. I can let a size be information.
5. I notice what supports movement.
6. I do not have to keep testing old clothes.
7. I can store a sentimental item separately.
8. I choose present comfort.
9. I respect a changing body.
10. I do not need shame as motivation.
11. I can alter clothing when practical.
12. I set a realistic clothing budget.
13. I let my wardrobe serve me.
14. I do not owe an old size loyalty.
15. I can donate without self-criticism.
16. I keep a few dependable options.
17. I deserve ease while getting dressed.
18. I can ask for fit rather than a number.
19. I avoid turning laundry into judgment.
20. I am allowed clothes for today.
21. I make room for a workable wardrobe.

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-clothes-stop-fitting/>