

## 21 Affirmations for Body Acceptance in Changing Rooms

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

1. I can assess the garment, not my worth.
2. I deserve clothing that fits now.
3. I do not need to shrink for a label.
4. I can try another size neutrally.
5. I notice fabric against my skin.
6. I move before deciding.
7. I do not owe a mirror enthusiasm.
8. I can leave an uncomfortable shop.
9. I choose a supportive shopping companion.
10. I let inconsistent sizing be a clothing problem.
11. I can skip a trend that pinches.
12. I deserve breathable comfortable layers.
13. I do not need to inspect every angle.
14. I can set a shopping time limit.
15. I keep only what serves my life.
16. I do not have to buy in frustration.
17. I can ask for a different cut.
18. I respect the body entering this room.
19. I let getting dressed become easier.
20. I can shop another day.
21. I deserve clothing without self-punishment.

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-changing-rooms/>