

21 Affirmations for Respecting a Body with Visible Scars

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

1. I can decide what stays private.
2. I do not owe a scar story.
3. I deserve respectful eye contact.
4. I can choose comfortable clothing.
5. I let a visible mark exist.
6. I do not need to turn it into inspiration.
7. I can have mixed feelings about it.
8. I set limits on questions.
9. I am more than one visible detail.
10. I can ask someone not to touch.
11. I do not need to hide for their comfort.
12. I choose when to talk.
13. I deserve tenderness without curiosity.
14. I can redirect an intrusive comment.
15. I allow my feelings to change.
16. I do not owe a brave performance.
17. I can seek appropriate care when needed.
18. I notice the rest of my experience.
19. I have a right to ordinary participation.
20. I can protect my privacy.
21. I deserve to be treated as a whole person.

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-respecting-body-visible-scars/>