



# 30

Powerful mindful eating  
affirmations

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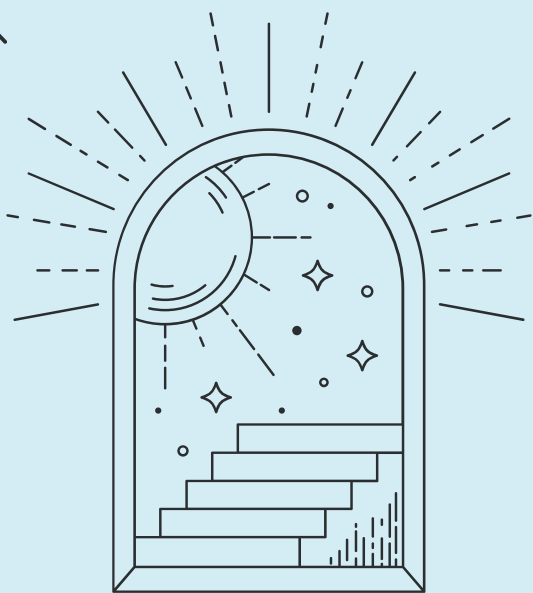
## Powerful mindful eating affirmations

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I am mindful and in tune with  
my body's needs.



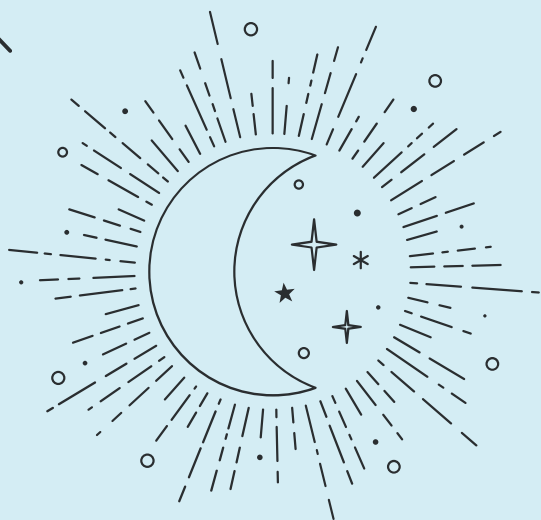
I eat for nourishment, not  
punishment or reward.



I can learn to trust myself  
around food.



It is okay to indulge occasionally  
without guilt or regret.

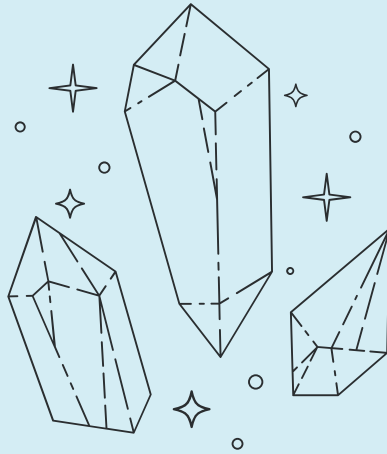


Eating slowly helps me enjoy  
my meals and appreciate the  
flavors.

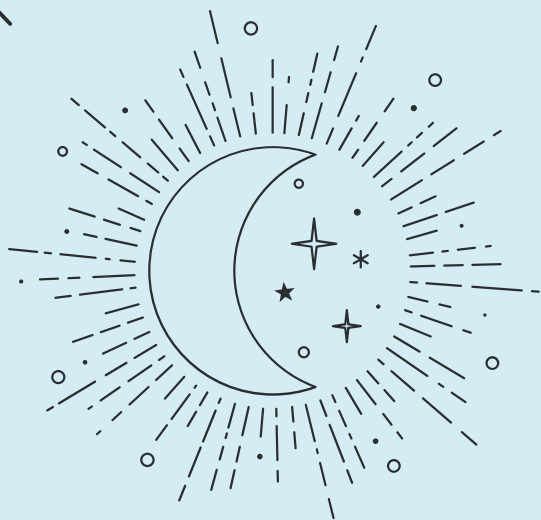


I make conscious food choices to  
nourish my body.

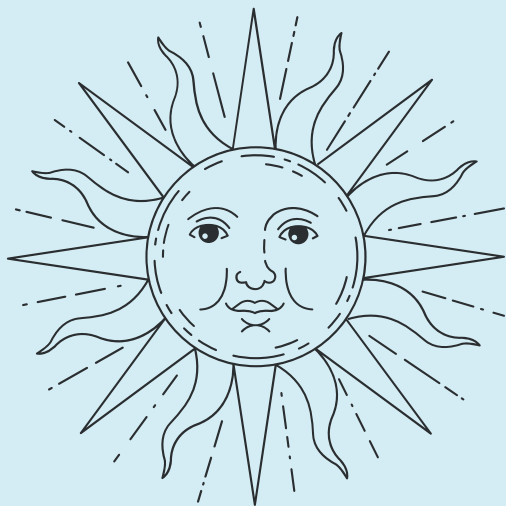




Listening to my hunger and  
fullness cues helps me eat in a  
mindful way.



It's okay to experience pleasure  
when eating.



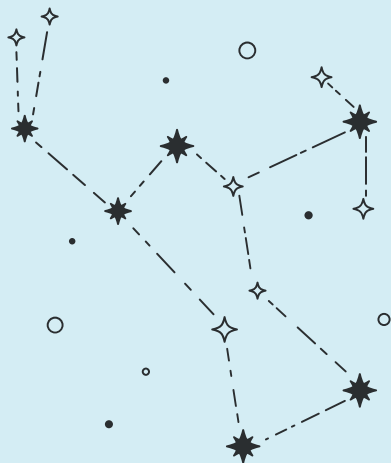
Eating healthy is not about  
deprivation or restriction, it's  
about balance.



I can learn to be gentle and  
kind to myself when it comes  
to food.



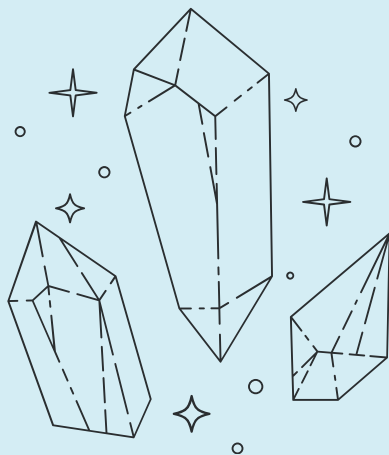
I am free from the guilt associated  
with indulging in unhealthy foods.



I enjoy eating a variety of  
nutritious foods that make me  
feel good.

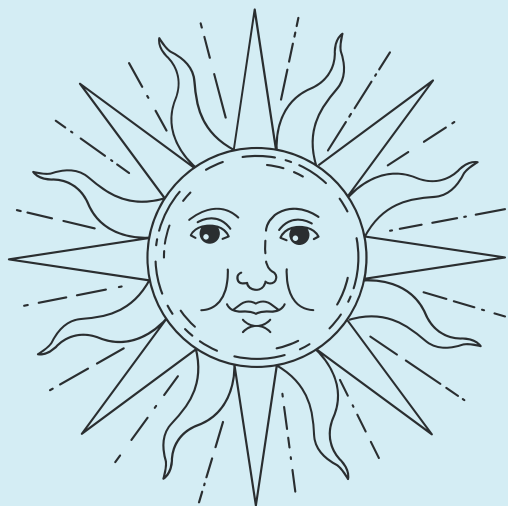


Allowing my body to take breaks from  
dieting helps me cultivate a healthier  
relationship with food.

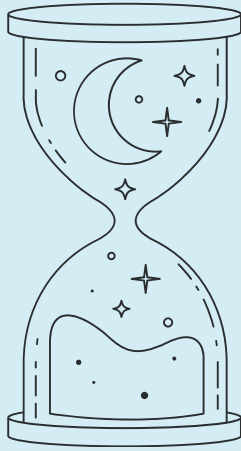


I recognize and respect the  
physical, emotional, and spiritual  
aspects of nourishing my body.

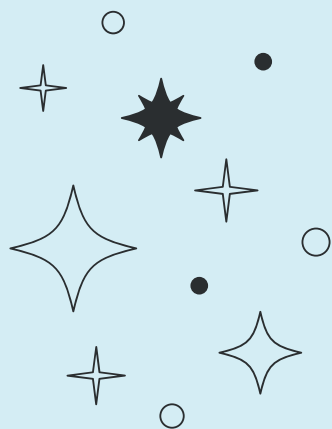




I can appreciate food without  
being consumed by it.



Listening to my intuition  
allows me to make mindful  
decisions about food.



It's okay to experiment with  
different foods without judgment or  
comparison.



Allowing myself to tune into my  
body's hunger and fullness cues  
helps me make mindful food  
choices.



I can trust that I am capable of  
making the best decisions for my  
health.



Eating nutritious, balanced meals has  
a positive impact on how I feel  
physically, mentally, and emotionally.

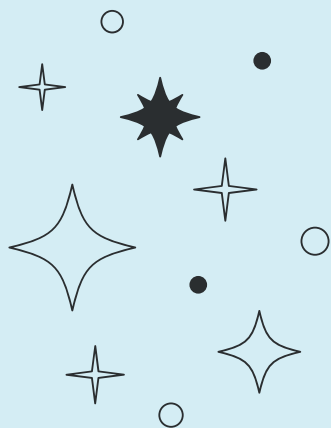


I don't need to be perfect when  
it comes to my eating habits.

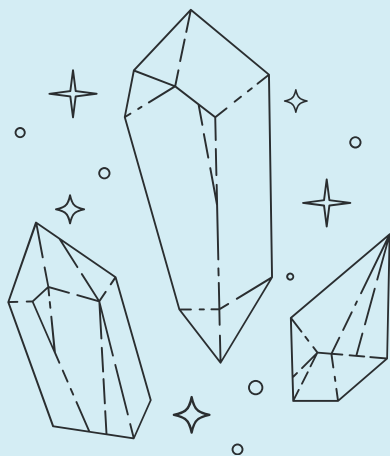


I recognize that food is fuel  
and nourishment for my body.





Practicing mindful eating allows  
me to appreciate the flavors of  
the food I eat.



I enjoy being a mindful  
eater.



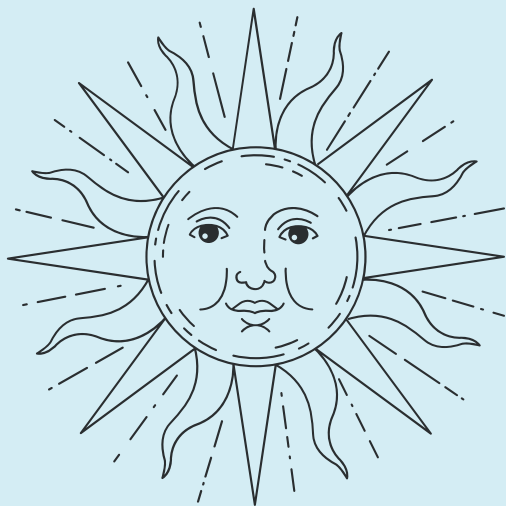
Eating mindfully is a journey,  
and I take the time to appreciate  
each step of the way..



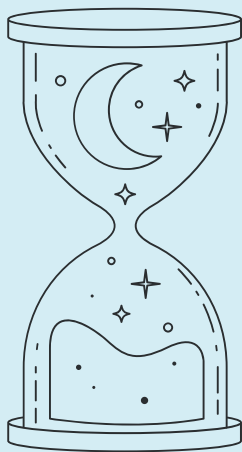
I recognize that I have control over  
my food choices and how it impacts  
my body.



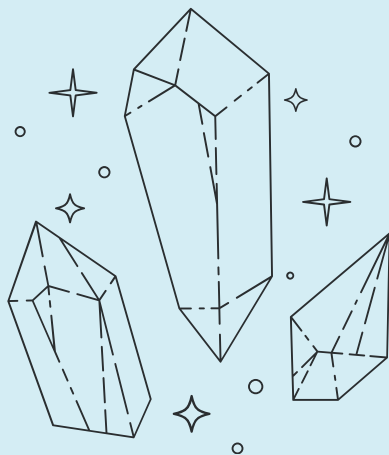
I will be mindful of my eating habits and  
make decisions that best support me and  
my health.



I monitor my inner dialogue and focus  
on positive thoughts and affirmations  
around food.



I am patient, understanding, and  
compassionate with myself when  
it comes to eating and nourishing  
my body.



I can heal my relationship  
with food and learn to trust  
my body.





## ABOUT US

We are Borderline Support UK CIC, a national non-profit supporting people affected by borderline personality disorder (BPD). BPD is a complex mental health disorder that affects around 2% of the population.

We provide peer support groups, information and advice, signposting, and online support. We provide all of our support services free of charge, as we believe that no person affected by BPD should have to face this alone.

We are a non-profit with no paid staff, so all profits from the sale of our books goes directly to helping support people in need.

Thank you for your support.

To find out more about BPD please visit  
[www.borderlinesupport.org.uk](http://www.borderlinesupport.org.uk)

