

GUIDED SELF-REFLECTION

Guided Self-Reflection

Reflection provides us with an opportunity to pause and think about what we've learned, observed, and experienced. Consider the following questions as a guide to help you reflect about weight stigma.

What have I learned about weight stigma?

Did any information surprise me? Why or why not?

How might weight stigma be contributing to poor health in my patients?

How might weight stigma affect the lives of those around me?

What assumptions have I made about people with obesity?

Where might these assumptions come from?

What examples challenge these assumptions?

How will I use what I've learned in the future?