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?*