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Breaking WEIGHT BIAS

Promoting Health without
harming through digital
training tools

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Module 3. Weight Bias Internalisation REFLECTION





REFLECTION

(100 words maximum)

This task is based on personal reflection. Write about how you have engaged with the course and how it has led to a change in your thinking about weight bias internalisation and your patients' coping mechanisms.

Second, write about how you might translate your understanding into action with the patient.

Key-points that you could take into consideration during your reflection:

- You may use phrases like "I used to believe that ..., now I think that ...", "My view changed because..."
- How might you use what you have learned to respond to weight bias internalisation? How could you share your understanding with others?