

## 41 Affirmations for Asking Housemates to Clean Shared Spaces

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

1. I can describe the shared task without a personal insult.
2. I can follow up when an agreement is repeatedly ignored.
3. I can ask when a chore will be completed.
4. I can discuss supplies as part of the cleaning plan.
5. I can keep the request focused on the shared space.
6. I can expect basic respect in a housemate conversation.
7. I can describe a repeated problem without insulting a housemate's character.
8. I can review an agreement that worked in a different season of life.
9. I can ask a clear question before assuming how a home arrangement works.
10. I can ask what would make the next hour at home easier.
11. I can state a practical limit before making a commitment.
12. I can ask for a specific cleaning arrangement.
13. Clear expectations are kinder than collecting silent resentment.
14. I can separate communal expectations from personal irritation.
15. I can choose a conversation outside the most frustrated moment.
16. I can distinguish a forgotten task from a pattern of disregard.
17. I can preserve my energy instead of rehearsing the argument all day.
18. Different schedules deserve practical discussion rather than silent assumptions.
19. Fairness can take account of capacity without leaving one person permanently overloaded.
20. I can notice work already completed instead of seeing only what remains.
21. I can communicate what I need without claiming everyone has the same preference.
22. I can listen to practical obstacles without owning every solution.
23. I can describe a dirty shared area without an insult.
24. A written agreement can reduce repeated arguments.

25. I can ask whether a proposed rota is realistic.
26. I can make consequences about my own choices rather than threats.
27. I can discuss household work before resentment becomes the only language available.
28. I can ask for a fair contribution without apologising for noticing the imbalance.
29. I can make a practical list instead of carrying every task in my head.
30. I can revise a plan when new information changes what is sensible.
31. I can keep essential information somewhere I will actually remember.
32. I can put an agreed rota somewhere visible.
33. A cleaning request can include a clear expected task.
34. I can clean my own contribution without silently adopting everyone's work.
35. I can notice repeated broken agreements rather than treating each as isolated.
36. I can seek appropriate housing guidance if a serious issue persists.
37. An agreement becomes clearer when someone owns the planning and the follow-through.
38. A shared chore is not automatically my responsibility because I notice it first.
39. I can ask for skilled help when a task is outside my knowledge.
40. A request for practical help can be specific and modest.
41. I can leave a nonurgent decision until I have the information it needs.

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/asking-housemates-clean-shared-spaces-affirmations/>