

## 41 Affirmations for Repairing After Raising Your Voice

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

1. I can name the behaviour I regret without blaming my child.
2. I can make a practical plan for a similar moment.
3. I can apologise in language my child understands.
4. I can notice what support was missing before the outburst.
5. I can keep an appropriate limit while changing my tone.
6. I can let responsible action matter more than self-punishment.
7. I can take responsibility for my tone without blaming my child.
8. I can ask for guidance when a recurring situation is beyond my skills.
9. I can respect another person's feelings without taking responsibility for every reaction.
10. I can listen to the person affected rather than assume I already understand.
11. I can review an arrangement that has become unfair or unworkable.
12. I can offer a simple sincere apology.
13. Repair begins with responsibility rather than a promise that I will never struggle again.
14. I can say which response I want to practise instead.
15. I can plan a safer pause for next time.
16. I can avoid promising impossible perfection.
17. A sincere repair can begin today.
18. A small repair can begin with a sincere simple apology.
19. A difficult hour does not contain the whole truth about my parenting.
20. I can distinguish a real responsibility from an inherited expectation.
21. I can appreciate what is working without denying what is difficult.
22. I can listen without asking my child to comfort me.
23. I can acknowledge shouting without explaining it away.
24. I can let my child remain upset.

25. I can talk about my stress with another adult.
26. I can listen to what the moment felt like for my child.
27. I can give one understandable instruction before expecting action.
28. I can notice tiredness before treating every difficulty as defiance.
29. A small ordinary moment of connection does not need to become a performance.
30. I can name a limit before resentment makes it harder to explain.
31. I can ask for a clear next step after a support conversation.
32. I can identify what pushed me past my capacity.
33. My child need not carry the reasons I lost control.
34. I can avoid asking for a hug as proof of forgiveness.
35. I can repair the practical impact of my behaviour.
36. I can seek help if shouting becomes a recurring pattern.
37. My child's feeling can be acknowledged without removing every limit.
38. My child does not need to manage my guilt after a hard moment.
39. I can ask what would be useful rather than assume another person's preference.
40. Care can include listening, practical action, and respect for personal dignity.
41. I can decide what is mine to share and what belongs to someone else.

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/repairing-raising-voice-affirmations/>