

41 Affirmations for Being Yourself Around New People

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

1. I can answer a question honestly rather than strategically.
2. I can notice people with whom I feel less need to perform.
3. I can answer at my natural pace.
4. I can choose a personal detail that feels comfortable.
5. I can keep some privacy without pretending.
6. I can seek connection that fits my actual life.
7. A missed invitation is one event rather than a complete social verdict.
8. My wish for connection deserves care rather than embarrassment.
9. My need for connection deserves respect rather than ridicule.
10. I can choose relationships where ordinary respect is present more often than explanations for its absence.
11. I can make a request clear enough for another person to answer.
12. I can admit when I do not know a topic.
13. A connection built with the real me has a better chance of fitting my actual life.
14. I can let someone discover me gradually.
15. I can let a real laugh arrive instead of performing enthusiasm.
16. I can recognise when I am performing a role.
17. Being liked need not require inventing myself.
18. I can share a genuine interest instead of guessing what would sound impressive.
19. I can participate in choosing the communities that fit my life.
20. My voice does not need to be the loudest to be part of a conversation.
21. I can ask for support from more than one suitable source.
22. I can share a real preference.
23. I can share an interest I actually enjoy.

24. I can avoid agreeing merely to appear easygoing.
25. I can decline a joke that conflicts with my values.
26. I can return to a simpler honest response.
27. I can notice whether a group makes room for newcomers.
28. A respectful group can contain different opinions and personalities.
29. I can let a clear no remain clear rather than treating it as a puzzle.
30. An invitation is an offer of contact rather than a demand for reassurance.
31. My own experience does not have to become the centre of another person's story.
32. I can let a quiet moment exist.
33. I can wear something that helps me feel comfortable rather than disguised.
34. I can notice who responds with genuine curiosity.
35. I can ask questions I genuinely want answered.
36. I can let different people prefer different personalities.
37. Belonging should not require joining in cruelty.
38. I can look elsewhere when exclusion becomes a repeated pattern.
39. A relationship's pattern gives more information than one isolated awkward moment.
40. I can notice people who make room for others in a group.
41. I can notice whether interest and effort move in both directions.

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/being-yourself-around-new-people-affirmations/>