

41 Affirmations for Finding Friendship During the First College Term

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

1. I can talk with someone before or after class.
2. I can give more than one setting a chance.
3. I can sit near a familiar classmate and offer an ordinary greeting.
4. I can make a simple invitation after a shared task.
5. I can protect study and rest while exploring socially.
6. I can recognise a small welcoming exchange.
7. I can let different ways of expressing interest coexist.
8. I can name the kind of support that makes participation easier.
9. A relationship's pattern gives more information than one isolated awkward moment.
10. My need for connection deserves respect rather than ridicule.
11. I can choose relationships where ordinary respect is present more often than explanations for its absence.
12. I can join an activity that genuinely interests me.
13. Early social uncertainty does not predict my entire college experience.
14. I can ask a practical campus question.
15. I can let a friendly acquaintance be enough initially.
16. I can decline pressure that conflicts with my boundaries.
17. Belonging can develop across ordinary weeks.
18. My experience does not need to stand for an entire group.
19. A thoughtful response can be brief and still matter.
20. I can ask a question before deciding what a brief response means.
21. I can choose a setting that makes conversation more manageable.
22. I can ask a practical question about campus life.

23. I can speak to someone before or after class.
24. I can keep contact with familiar support outside college.
25. I can notice others who also seem new.
26. I can return to an activity long enough for familiarity.
27. I can ask for clarification without treating uncertainty as embarrassment.
28. I can ask a question without assuming that I know its answer.
29. I can ask for support from more than one suitable source.
30. I can ask whether advice is wanted before offering it.
31. I can return to a conversation with a clearer question after taking time to think.
32. I can keep a familiar support connection active.
33. The first week does not predict my entire social life.
34. I can ask whether someone wants to study together after a shared lesson.
35. I can avoid assuming every visible group is permanent.
36. I can use appropriate campus support if needed.
37. A shared activity can give a conversation somewhere natural to begin.
38. Respectful communication can include pauses and explanations.
39. I can keep some personal details private while still being sincere.
40. A quieter day does not make me an unreliable friend.
41. I can ask how someone prefers to discuss a difficult subject.

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/finding-friendship-during-first-college-term-affirmations/>