

## 41 Affirmations for Women Building Friendships Without Competition

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

1. I can celebrate a friend's effort without ranking myself.
2. I can choose company where mutual respect is visible.
3. I can avoid discussing bodies as public evaluations.
4. I can recognise that our opportunities and constraints differ.
5. I can set a boundary around repeated put-downs.
6. I can contribute to a more generous social atmosphere.
7. I can share a personal detail at a pace I choose.
8. I can seek company that treats differences with curiosity and respect.
9. My voice does not need to be the loudest to be part of a conversation.
10. A friendship can include honest differences in energy and availability.
11. A relationship's pattern gives more information than one isolated awkward moment.
12. I can change a conversation that reduces people to appearances.
13. Another woman's progress does not reduce my own room to grow.
14. I can offer encouragement that names real effort.
15. I can ask about a goal without turning it into a ranking.
16. I can express admiration without diminishing myself.
17. I can ask a friend to celebrate a milestone that matters to me.
18. A respectful question leaves room for me to decline an answer.
19. I can build closeness through reciprocal care instead of stereotypes.
20. I can enjoy someone's company without agreeing with every opinion.
21. I can offer support within the limits of my actual role.
22. I can share an insecurity with a trustworthy listener.
23. I can celebrate another woman's achievement sincerely.

24. I can share insecurity with a trustworthy friend.
25. I can receive support without feeling that I must compete.
26. I can choose shared interests beyond appearance or status.
27. I can expect ordinary respect for the words I use to describe myself.
28. I can notice who makes inclusion practical rather than merely claiming it.
29. I can choose relationships where ordinary respect is present more often than explanations for its absence.
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 offer encouragement that is specific.
33. Comparison need not lead the conversation.
34. I can refuse gossip that depends on humiliation.
35. I can notice friendships where success is welcomed.
36. I can let different lives remain equally legitimate.
37. A friendship can make room for an experience different from my own.
38. My identity does not require becoming the subject of every gathering.
39. I can choose a setting that makes conversation more manageable.
40. I can notice whether interest and effort move in both directions.
41. I can notice people who make room for others in a group.

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/women-building-friendships-competition-affirmations/>