

## 41 Affirmations for Asking Teachers for Help

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

1. I can be a learner without putting on a performance of certainty.
2. I can show the exact step where I became confused.
3. I can bring an attempted answer rather than hide it.
4. I can ask whether my understanding matches the instruction.
5. I can request an example using simpler language.
6. Not understanding yet is different from being incapable of understanding.
7. I can let curiosity be stronger than the need to appear experienced.
8. A difficult step does not make the whole skill unavailable to me.
9. I can name the part I do not understand.
10. I can bring one attempted example.
11. I can ask when a conversation would work.
12. I can request a different explanation.
13. I can thank myself for making the effort to ask.
14. A teacher's busy moment is not a judgement of my question.
15. I can arrange another time when help is unavailable now.
16. I can write my question if speaking feels difficult.
17. I can tell the teacher which explanation helped.
18. I can compare my attempt with a clear example.
19. I can practise one component before combining it with the next.
20. I can ask why a method works instead of only copying its appearance.
21. I can ask for a practical example when an explanation is too abstract.
22. I can ask an honest question without claiming that I have understood.
23. I can ask what I should try before our next conversation.
24. I can distinguish needing help from wanting someone to do my work.

25. I can keep a note of the guidance I receive.
26. I can ask again when the answer did not address my concern.
27. A useful demonstration can give my question a concrete starting point.
28. I can ask for feedback on one specific part of my attempt.
29. A mistake can identify a skill to practise rather than a person to blame.
30. I can stay curious without turning every interest into an assessment.
31. My learning deserves patience even when a deadline requires a decision.
32. Rest and interests outside learning still belong in my life.
33. I can recognise learning that is not immediately visible to others.
34. I can return to a question after giving it some space.
35. I can be respectful without minimising my confusion.
36. I can check that I know the next step before leaving.
37. I can seek another appropriate support route if necessary.
38. I can give myself credit for bringing the difficulty into the open.
39. I can recognise a small change in what I understand.
40. An error can become a question worth investigating.
41. I can keep learning even when progress is not immediately visible.

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-teachers-help-affirmations/>