41 Affirmations for Receiving Supervisor Feedback

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 ask which comment is most important for the next draft.
3. I can record what we agreed before leaving the meeting.
4. I can distinguish a suggestion from a requirement.
5. I can request an example when feedback stays abstract.
6. A rough draft is a place to develop an idea, not a final judgement.
7. I can be interested in an argument without already knowing how to express it.
8. I can separate a comment on the work from a verdict on my intelligence.
9. I can ask which changes are priorities.
10. I can write down agreed next steps.
11. I can request clarification of conflicting comments.
12. I can keep useful parts of the draft.
13. I can respond after understanding the request.
14. I can explain a research choice without becoming defensive.
15. I can check whether two comments concern different parts of the work.
16. I can bring a short agenda to the next conversation.
17. I can say when I need clarification before making a major change.
18. I can check whether each paragraph serves the question I am answering.
19. I can ask which part of a revision is essential.
20. A short clear sentence can be more useful than an impressive unclear one.
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 keep useful work while addressing a concern.
24. I can allow time to understand feedback that surprised me.

25. I can ask what a successful revision would demonstrate.
26. I can describe a practical obstacle to the proposed timeline.
27. I can ask someone to explain a comment I do not understand.
28. I can receive a useful correction without discarding everything that works.
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 follow up respectfully on an unresolved question.
36. I can recognise that supervision includes learning how to discuss uncertainty.
37. I can accept correction without adopting contempt for my work.
38. I can leave the meeting with a task rather than an imagined verdict on my potential.
39. Finishing can require choosing what belongs outside this particular piece.
40. An imperfect draft gives me something concrete to work with.
41. I can recognise that clarity often develops through revision.

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/receiving-supervisor-feedback-affirmations/