

61 Affirmations for Living with a Disability

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

1. My need for care does not depend on looking cheerful.
2. I can describe an access need without apologising for my body.
3. I can ask whether a venue is usable before committing.
4. I can choose when assistance is welcome.
5. I can decide how much of my history belongs in a conversation.
6. An inaccessible arrangement is not evidence that I am asking for too much.
7. I can need support and still have preferences, abilities, and boundaries.
8. Using a tool or aid does not reduce my right to belong.
9. I can be tired of a difficulty without being ungrateful for support.
10. My preferences matter even when another person helps with a task.
11. I can recognise a need before I have perfect words to explain it.
12. An honest account of my day need not end with a positive conclusion.
13. I do not have to compare difficulties to decide whether mine deserves attention.
14. I can state an access need clearly.
15. I can choose how much personal information to share.
16. I can use support that is available to me.
17. I can recognise barriers without blaming myself.
18. I can expect dignity in everyday interactions.
19. I can challenge an assumption about my abilities respectfully.
20. I can recognise the extra work of navigating inaccessible arrangements.
21. I can use an aid without explaining it to strangers.
22. I can ask for information in a format I can use.
23. I can ask for access information before deciding whether a plan works for me.
24. I can state the practical barrier without providing my entire personal history.

25. I can request instructions in a format I can use.
26. I can keep important contact details somewhere I can find them.
27. I can write down a concern instead of relying on memory during a busy conversation.
28. I can ask which practical step should come first.
29. I can check that I understood an instruction correctly.
30. I can choose an accessible version of an everyday task where available.
31. I can say when advice is unwanted, even if it was meant kindly.
32. I can name a personal preference even when someone else is helping.
33. I can expect people to address me directly.
34. I can have preferences that differ from another disabled person's preferences.
35. I can decline an inspirational label.
36. I can seek a practical adjustment without promising gratitude for every response.
37. Respectful assistance includes asking rather than assuming.
38. I can say when an offered kind of help does not fit my needs.
39. I can accept a useful offer without agreeing to every suggestion.
40. I can tell someone which words feel respectful to me.
41. A supporter can care about me without knowing every detail.
42. I can ask for a conversation to be continued when I have more capacity.
43. I can recognise when I need a different kind of support.
44. I do not need to promise an outcome in order to care for myself today.
45. A change in my needs is information worth taking seriously.
46. My interests, preferences, and relationships exist beyond health concerns.
47. A difficult day does not make me responsible for things outside my control.
48. I can let my circumstances shape a realistic expectation for today.
49. I can recognise care that happens quietly and without an audience.
50. I can value ordinary enjoyment alongside advocacy.

- 51. I can keep boundaries around intrusive questions.
- 52. I can ask for shared responsibility in making participation possible.
- 53. I can belong without performing independence for an audience.
- 54. My participation is meaningful even when it requires a different arrangement.
- 55. I can recognise the effort involved in navigating an avoidable barrier.
- 56. I do not owe anyone an inspirational account of ordinary access needs.
- 57. I can enjoy a small pleasant experience without making it evidence of recovery.
- 58. I can keep room for a hobby that fits my circumstances.
- 59. I can notice effort that has no visible result for other people.
- 60. My plans can include contingencies without assuming the worst.
- 61. I can end the day without grading how well I performed positivity.

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/living-disability-personal-affirmations/>