

41 Affirmations for Living with Hearing Differences

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 ask a speaker to face me when that helps.
3. I can confirm an important detail rather than rely on a partly heard instruction.
4. I can say when I have missed part of a conversation.
5. I can ask which communication options are available.
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 ask for a clearer communication format.
10. I can state what helps me follow the conversation.
11. I can choose whether to explain a device.
12. I can request important information in writing.
13. I can expect patience from people communicating with me.
14. I can ask people not to handle my equipment without permission.
15. I can tell a group what helps me participate.
16. I can ask someone to repeat rather than pretend I understood.
17. I can recognise that communication is a shared responsibility.
18. I can ask for access information before deciding whether a plan works for me.
19. I can state the practical barrier without providing my entire personal history.
20. I can request instructions in a format I can use.
21. I can say when advice is unwanted, even if it was meant kindly.
22. I can name a personal preference even when someone else is helping.
23. I can request a quieter suitable setting where possible.
24. I can keep my preferences distinct from someone else's assumptions.

25. I can expect people to address me directly.
26. I can ask for an accessible way to receive announcements.
27. Respectful assistance includes asking rather than assuming.
28. I can say when an offered kind of help does not fit my needs.
29. I do not need to promise an outcome in order to care for myself today.
30. A change in my needs is information worth taking seriously.
31. My interests, preferences, and relationships exist beyond health concerns.
32. A difficult day does not make me responsible for things outside my control.
33. I can let my circumstances shape a realistic expectation for today.
34. I can recognise care that happens quietly and without an audience.
35. I can set a boundary around jokes about misunderstanding.
36. I can value the contribution I have not yet had a chance to make.
37. I can choose assistance according to the situation.
38. I can belong in a conversation that makes room for my access needs.
39. My participation is meaningful even when it requires a different arrangement.
40. I can recognise the effort involved in navigating an avoidable barrier.
41. I do not owe anyone an inspirational account of ordinary access needs.

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-hearing-differences-affirmations/>