

41 Affirmations for Living with Vision 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 someone to describe relevant visual information.
3. I can request a document in a format I can use.
4. I can say whether assistance with a route would help.
5. I can expect people to identify themselves when useful.
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 an accessible format.
10. I can explain a practical barrier.
11. I can use the tools that support my choices.
12. I can request clear spoken information.
13. I can decide when assistance would be useful.
14. I can choose tools that fit my own preferences.
15. I can ask for clear directions rather than pointing.
16. I can keep a practical arrangement consistent when it helps me.
17. I can explain that moving an object affects how I find it.
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 ask how an announcement will be made accessible.
24. I can decide which personal details to share.

25. I can recognise the effort of navigating unfamiliar information.
26. I can ask a service to explain its accessible options.
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 contribute knowledge that is not dependent on visual access.
36. I can decline assistance that ignores my instructions.
37. I can learn a new environment at my own pace.
38. I can expect participation to include usable information.
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-vision-differences-affirmations/>