

41 Affirmations for Living with a Long-Term Condition

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 include ongoing care tasks when describing my workload.
3. I can tell a trusted person what a difficult day looks like.
4. I can ask for an adjustment without waiting to reach exhaustion.
5. I can keep important care information organised in a useful way.
6. My condition does not need to be visible for my experience to matter.
7. I can be honest about a difficult day without performing hopelessness or bravery.
8. I am not required to make illness meaningful for other people.
9. I can describe my capacity honestly.
10. I can keep relevant care information organised.
11. I can ask for a practical adjustment.
12. I can protect parts of life beyond the condition.
13. I can allow plans to change with my circumstances.
14. I can choose when health is the subject of conversation.
15. I can acknowledge frustration without making it my entire identity.
16. I can discuss changes with the appropriate professional.
17. I can make plans that allow for my actual circumstances.
18. I can discuss a changing concern with an appropriate healthcare professional.
19. I can include the practical demands of care when describing my workload.
20. I can ask which everyday adjustment might be appropriate for my circumstances.
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 recognise effort that does not look dramatic from outside.
24. I can accept help with one task while keeping other choices mine.

25. I can decline comparisons with another person's condition.
26. I can explain that familiar routines may still take work.
27. I can accept practical help while keeping a say in how it is offered.
28. I can choose which health details belong in a casual conversation.
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 have interests unrelated to appointments.
36. I can ask for support without promising constant optimism.
37. I can let my preferences develop as life changes.
38. I can belong in ordinary life with the needs I have now.
39. My value does not depend on returning to an earlier version of my life.
40. I can have interests that are unrelated to a diagnosis.
41. I do not need a guaranteed outcome to deserve support today.

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-long-term-condition-affirmations/>