

41 Affirmations for Living with a Stoma

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

1. My need for care does not depend on looking cheerful.
2. My personal care needs can be discussed without shame.
3. I can ask about suitable facilities before a long outing.
4. I can decide what a colleague needs to know.
5. I can seek individual guidance about an unfamiliar practical situation.
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 ask my specialist team about a practical concern.
10. I can choose what I share with others.
11. I can plan around my individual needs.
12. I can wear what feels comfortable.
13. I can expect privacy and dignity.
14. I can keep my interests larger than one aspect of bodily care.
15. I can set a boundary around jokes or curiosity.
16. I can ask my specialist team about preparing for travel.
17. I can explain a relevant workplace need through the appropriate process.
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 let intimacy conversations happen at a pace I choose.
24. I can choose a trusted listener for feelings that are hard to name.

25. I can recognise the work of learning a changed routine.
26. I can ask for respectful information instead of relying on assumptions.
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 a complicated body-image day without losing dignity.
36. I can notice an ordinary enjoyable moment outside care tasks.
37. I can keep a practical question for follow-up.
38. I can belong socially without explaining my body to everyone.
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-stoma-personal-affirmations/>