

41 Affirmations for Speaking Up during Appointments

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

1. My need for care does not depend on looking cheerful.
2. My concern is worth stating clearly at the beginning.
3. I can say that an explanation did not answer my question.
4. I can ask what an unfamiliar term means.
5. I can describe how a concern affects ordinary life.
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 what I have noticed honestly.
10. I can ask for a term to be explained.
11. I can state the concern I most want addressed.
12. I can request time to consider information when appropriate.
13. I can bring a support person if I choose.
14. I can ask for a moment before responding to new information.
15. I can tell the professional when I feel rushed.
16. I can request a written summary where available.
17. I can ask which options are being discussed.
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 say that I have another relevant detail.
24. I can distinguish respectful questioning from confrontation.

25. I can bring a note when words are difficult to find.
26. I can ask whether a support person can help me communicate.
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 correct a misunderstanding about what I said.
36. I can ask about the practical implications of a proposed step.
37. I can keep my own priorities visible.
38. I can expect questions to be met without humiliation.
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/speaking-up-appointments-affirmations/>