41 Affirmations for Understanding Hospital Discharge Instructions

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

1. My need for care does not depend on looking cheerful.
2. Leaving hospital does not require pretending I understood every explanation.
3. I can ask for a written version of important guidance where available.
4. I can check which part of the information applies to my own care.
5. I can say if the wording is difficult for me to use.
6. I can arrive with questions rather than a performance of being an easy patient.
7. Not knowing a medical term is not something to be ashamed of.
8. I do not have to hide a concern to protect someone from hearing it.
9. I can ask for unclear discharge instructions to be explained.
10. I can check the follow-up details with the appropriate professional.
11. I can write down how to raise a concern after leaving.
12. I can ask how an agreed support person can receive relevant information.
13. I can identify which care question needs clarification before departure.
14. I can ask where to find the next appointment details.
15. I can request clarification of a term before relying on a guess.
16. I can confirm a contact method rather than depend on remembering a name.
17. I can check whether a support person may hear the explanation with me.
18. I can ask what information has been confirmed and what remains uncertain.
19. I can request an explanation of the next practical step.
20. I can check how to contact the appropriate service with a follow-up question.
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 describe a practical barrier to following the discussed plan.

24. I can ask whether an unanswered question affects the immediate arrangements.
25. I can keep the relevant contact details with the instructions.
26. I can distinguish personalised directions from another person's general advice.
27. I can ask whether a support person may join the conversation.
28. I can state when I have not understood an explanation.
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 ask how to obtain a missing document.
36. I can ask staff to check that my own summary reflects what was explained.
37. I can request information in an accessible format.
38. I can use an appropriate follow-up conversation rather than assume questions are no longer welcome.
39. I can give myself time to reflect on information when the situation allows.
40. A question written before the appointment can still be asked in my own words.
41. I can leave space for a feeling without treating it as a medical prediction.

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/understanding-hospital-discharge-instructions-affirmations/