

41 Affirmations for Waiting for Surgery

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 how updates will reach the person I choose.
3. I can ask for individual instructions to be explained clearly.
4. I can make a plan for a household responsibility during my absence.
5. I can check how an unanswered question should be communicated.
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 bring questions to the surgical team.
10. I can follow the personalised instructions I receive.
11. I can arrange practical help where possible.
12. I can choose who can support me emotionally.
13. I can allow fear without judging my character.
14. I can choose who hears about the operation.
15. I can allow fear without calling myself weak.
16. I can distinguish a general story from my own care information.
17. I can tell an appropriate professional about a relevant concern.
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 clarify the practical arrival arrangements.
24. I can keep a note of what I want to ask.

25. I can accept company without needing to reassure the other person constantly.
26. I can decide how much discussion helps me right now.
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 follow the personalised guidance I receive.
36. I can keep a small ordinary activity in the waiting period.
37. I can prepare without claiming certainty about the outcome.
38. I can deserve calm, respectful explanations even when I feel unsettled.
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/waiting-surgery-personal-affirmations/>