

45 Affirmations for Creative Confidence for LGBTQ Plus Storytelling

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

1. An LGBTQ plus character can have interests beyond identity.
2. I can include joy without denying difficult experiences.
3. My story need not educate every possible reader.
4. I may decide how much personal history becomes public.
5. A queer experience can be specific rather than representative.
6. I need not make a character flawless to deserve dignity.
7. Chosen family can appear through ordinary details.
8. I can question a stereotype even when it is familiar.
9. My next step does not have to be driven by feeling expected to explain an entire community.
10. I can give thoughtful attention to my personal story.
11. I can consider my choice about visibility when deciding what to do next.
12. I can make space for a simple attempt before judging the result.
13. I can decide which parts of my experience I want to share.
14. I can make space for ordinary joy as well as struggle.
15. I can choose collaborators who respect my boundaries.
16. I can describe a character without reducing them to a label.
17. The audience's assumptions need not control every scene.
18. I may seek feedback from someone who understands the context.
19. My boundaries around names and identifying details matter.
20. A happy moment does not need to become an argument.
21. I can portray uncertainty without treating identity as a problem.
22. An affirming story can still contain conflict and complexity.
23. I may choose collaborators who respect the intended perspective.

24. My creative voice can hold both privacy and truthful expression.
25. A personal perspective can add something specific.
26. I can represent my experience without speaking for everyone.
27. Identity may inform a piece without explaining the whole of it.
28. I may choose privacy around parts of my story.
29. Respectful curiosity can guide unfamiliar subject matter.
30. My work can contain more than one influence.
31. I do not need to simplify myself for an audience.
32. A creative choice can be honest without being universal.
33. I can use a constraint as a question rather than a punishment.
34. I can make time for an idea that has no commercial purpose.
35. I can let a first version be visible to me before judging it.
36. I can enjoy the part of making that nobody photographs.
37. I can stay curious about why a choice works.
38. I can stop comparing my practice space with someone else's studio.
39. A change in direction can be a creative decision.
40. I can keep a record of experiments without ranking them.
41. I can notice a skill becoming easier through use.
42. My work can include humour, awkwardness or simplicity.
43. I can ask whether feedback matches the intention of the piece.
44. I can make a thoughtful choice about what to leave out.
45. I can respect the time that careful practice actually takes.

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/creative-confidence-lgbtq-plus-storytelling-affirmations/>