

41 Affirmations for Sharing a Poem at a Small Gathering

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

1. The poem can be introduced without an explanation of every line.
2. I can read at a pace that gives images room.
3. A short silence may be attention rather than disapproval.
4. I need not rush to apologise after an emotional phrase.
5. The page can support me if memory feels uncertain.
6. I may choose a poem whose privacy feels appropriate.
7. A familiar listener can be a useful place to glance.
8. My voice can carry the words without theatrical force.
9. My next step does not have to be driven by rushing through words to escape attention.
10. I can give thoughtful attention to my spoken poem.
11. I can consider my connection with listeners when deciding what to do next.
12. I can make space for a simple attempt before judging the result.
13. I can mark a place where I want to pause.
14. I can choose a piece I am comfortable sharing.
15. I can look up when it feels natural.
16. I can allow a quiet response without assuming rejection.
17. I can let a line ending be heard.
18. The group does not need to interpret the poem identically.
19. I may acknowledge a kind response simply.
20. One reading does not have to become a public identity.
21. I can keep another poem private.
22. A small gathering can offer a meaningful first audience.
23. The experience can be worthwhile even if my voice trembles.
24. I can return to ordinary conversation when the reading ends.

25. Preparation and nerves can coexist.
26. An audience sees a whole performance rather than every private worry.
27. I can return to the next cue after a mistake.
28. Expression does not require constant confidence.
29. A rehearsal is a place to find problems safely.
30. I may ask for clear expectations before performing.
31. My worth extends beyond applause.
32. I can respect the work without making it an identity test.
33. I can appreciate texture, rhythm or shape before naming a result.
34. I can enjoy being someone who makes things at my own scale.
35. A material can surprise me without ruining the whole session.
36. I can make a small decision and observe its effect.
37. My taste is allowed to evolve through practice.
38. I can keep an experiment that would not belong in a portfolio.
39. A useful tool does not need to be the newest one.
40. I can learn from an influence while respecting the original maker.
41. I can credit collaborators accurately.

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/sharing-poem-small-gathering-affirmations/>