

21 Affirmations for Taking up Space at a Social Event

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

1. I can take a comfortable seat.
2. I do not need to hover apologetically.
3. I have a right to join shared space.
4. I can speak at a natural volume.
5. I let my body settle.
6. I do not have to impress the room.
7. I can connect with one person.
8. I choose a pace I can sustain.
9. I am allowed to take breaks.
10. I can step outside for quiet.
11. I do not need to justify my presence.
12. I can wear something comfortable.
13. I let a conversation be imperfect.
14. I notice welcoming gestures.
15. I can offer a sincere greeting.
16. I leave when I have had enough.
17. I do not measure worth by popularity.
18. I can enjoy a small exchange.
19. I deserve basic courtesy.
20. I let myself participate.
21. I do not need to become someone else.

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/affirmations-taking-up-space-social-event/>