

21 Affirmations for Trying Again after Public Embarrassment

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

1. I can describe what actually happened.
2. I do not need to replay every face.
3. I am larger than an awkward moment.
4. I can correct a practical mistake.
5. I allow embarrassment to soften with time.
6. I do not owe endless self-punishment.
7. I can return without a dramatic explanation.
8. I recognize the courage in showing up.
9. I do not know everyone's thoughts.
10. I can let a memory remain unfinished.
11. I treat myself as I would a friend.
12. I have survived uncomfortable feelings before.
13. I can take a brief grounding pause.
14. I avoid turning one event into an identity.
15. I can offer a simple apology if needed.
16. I let repair be proportionate.
17. I do not need to hide indefinitely.
18. I can build a new experience.
19. I accept being a fallible person.
20. I choose the next ordinary step.
21. I am allowed to try again.

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-trying-again-public-embarrassment/>