

23 Affirmations for Perfectionism about Following Personal Rules

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

1. I can examine a rule I made.
2. I do not need to obey a habit without understanding its purpose.
3. I keep guidance that is useful.
4. I can revise an arbitrary demand.
5. I distinguish a value from one rigid method.
6. I do not have to treat an exception as collapse.
7. I can consider the actual circumstances.
8. I allow judgment alongside structure.
9. I do not need punishment for a reasonable adjustment.
10. I can ask whether the rule makes life more workable.
11. I notice when a standard costs more than it offers.
12. I can choose a smaller commitment.
13. I respect responsibilities that truly matter.
14. I do not need every preference to become a law.
15. I can try a thoughtful exception.
16. I observe what actually happens.
17. I do not have to assume flexibility means carelessness.
18. I can keep a value while changing the procedure.
19. I let experience update the rule.
20. I choose guidance I can live with.
21. I do not need an invisible judge for each choice.
22. I can separate guilt from a real consequence.
23. I use my own judgment with care.

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-perfectionism-about-following-personal-rules/>