

21 Affirmations for Perfectionism When Choosing the Right Words

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

1. I can choose understandable words.
2. I do not need the only perfect sentence.
3. I state what matters first.
4. I can correct a genuine ambiguity.
5. I let language be a shared process.
6. I do not have to predict every interpretation.
7. I can use an ordinary word instead of a polished one.
8. I respect the listener's ability to ask.
9. I do not need a draft that captures my whole personality.
10. I can stop revising when the meaning is clear.
11. I allow a sentence to sound like me.
12. I do not need to hide behind elaborate wording.
13. I can separate an important detail from a stylistic preference.
14. I use a shorter explanation when helpful.
15. I do not have to remove all vulnerability from communication.
16. I can let a minor imperfection pass.
17. I choose sincerity over an impressive phrase.
18. I can ask if the point was understood.
19. I do not need endless rehearsal before speaking.
20. I let one clear version be enough.
21. I communicate without making wording an exam.

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-choosing-right-words/>