

21 Affirmations for Perfectionism about Keeping Everyone Comfortable

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

1. I can be considerate without managing every feeling.
2. I do not need a room free of all awkwardness.
3. I let adults express their own needs.
4. I can ask instead of guessing.
5. I respect my own comfort too.
6. I do not have to fill every silence.
7. I can allow a respectful disagreement.
8. I distinguish hospitality from emotional control.
9. I do not need to keep everyone equally pleased.
10. I can make a reasonable adjustment.
11. I let a preference remain different.
12. I do not have to anticipate every reaction.
13. I can communicate a shared plan clearly.
14. I recognize when I am doing unnecessary smoothing.
15. I do not need a perfect social atmosphere.
16. I can let someone be briefly disappointed.
17. I share responsibility for a group experience.
18. I do not have to abandon a limit to preserve ease.
19. I can check whether help is wanted.
20. I choose care that includes the person offering it.
21. I allow ordinary friction in human company.

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-keeping-everyone-comfortable/>