

## 21 Affirmations for Perfectionism When Describing Your Own Needs

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

1. I can begin with an approximate description.
2. I do not need perfect language to ask.
3. I name the difficulty I notice.
4. I can offer one example.
5. I let a request develop through clarification.
6. I do not have to explain every cause.
7. I can say what I think would help.
8. I acknowledge what I am still unsure about.
9. I do not need a flawless justification.
10. I can use plain words.
11. I keep private details out when they are unnecessary.
12. I do not have to wait until the need becomes severe.
13. I can revise a request after trying an option.
14. I let another person ask a relevant question.
15. I do not need to prove that nobody else could manage differently.
16. I can focus on this situation and my capacity.
17. I have a right to a considered answer.
18. I can state a limit without an elaborate story.
19. I choose understanding over perfect self-description.
20. I allow a conversation to help shape the solution.
21. I take the first clear step toward being understood.

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-describing-needs/>