

23 Affirmations for Rebuilding Trust in Your Own Judgment

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

1. I can examine my judgment fairly.
2. I do not need to trust every impulse unquestioningly.
3. I distinguish a thoughtful process from a disappointing result.
4. I can identify information I overlooked.
5. I learn a specific checking step.
6. I do not have to surrender every decision to others.
7. I can make a small choice using clear criteria.
8. I respect what I knew at the time.
9. I do not need a perfect record to practice judgment.
10. I can ask for advice without giving away ownership.
11. I notice when fear is demanding certainty.
12. I let a reversible decision provide experience.
13. I do not have to interpret every doubt as a warning.
14. I can keep a brief record of reasons.
15. I update a view when facts change.
16. I do not need to punish myself for being fallible.
17. I can recognize choices that worked quietly.
18. I value honesty about limits.
19. I do not have to become endlessly cautious.
20. I can build trust through follow-through.
21. I use what I learned without becoming defined by one outcome.
22. I let sound judgment include revision.
23. I make the next decision at an appropriate scale.

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-rebuilding-trust-judgment/>