

## 41 Affirmations for Rebuilding Self-Trust after a Poor Decision

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

1. Learning from a decision can become part of trusting myself.
2. I do not have to treat one poor choice as permanent disqualification.
3. I can identify where the earlier process went wrong.
4. I can make an appropriate repair where possible.
5. I can separate an unlucky result from a careless process.
6. Past misjudgment can inform a more careful present choice.
7. I can give my own reasoning a place beside outside advice.
8. I can ask what new information would justify reconsidering.
9. I can remember why a choice fit the information available then.
10. I can identify the information I missed.
11. I can acknowledge the consequences clearly.
12. I can make an appropriate repair.
13. I can notice what I understand now.
14. I can set a useful safeguard.
15. I can make a small present-day choice deliberately.
16. I can seek relevant guidance for a similar decision.
17. I can record my reasoning to review it fairly.
18. I can leave the old decision in its actual context.
19. I can consider the information available at the time.
20. I can recognise what I have learned since then.
21. I can accept a consequence while choosing differently now.
22. A decision can be good enough for its actual level of risk.
23. A small reversible choice is a place to practise ownership.
24. A thoughtful process does not promise a perfect result.

25. I can let a mistake change my approach rather than my basic respect for myself.
26. I can seek support when an experience is more difficult than I expected.
27. I can admit an avoidable mistake without global self-condemnation.
28. I can stop using regret as proof that every choice will fail.
29. I can give a changed habit time to become dependable.
30. I can learn to distinguish evidence from repeated reassurance.
31. I can disagree with advice after considering it respectfully.
32. I can notice when I am treating a guess about others as established fact.
33. There may be parts of myself that deserve curiosity instead of immediate correction.
34. I can recognise the difference between a useful suggestion and a dismissive remark.
35. I can ask what safeguard would have helped.
36. I can begin with a lower-risk decision.
37. I can notice when a second opinion would be useful.
38. One poor choice can improve my process without disqualifying my judgment.
39. Self-trust can include recognising when I need relevant expertise.
40. There is room to keep learning without postponing all kindness toward myself.
41. I can carry a useful insight forward without carrying the entire criticism.

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/rebuilding-self-trust-poor-decision-affirmations/>