



MY RELATIONSHIP WITH AFFIRMATION

NAME _____

DATE _____

Read the blog post, *How I Work and Thrive in Academia: From Affirmation, Not for Affirmation* (<https://bit.ly/2qMm6NF>) and ask yourself the following questions about your relationship with affirmation.

Where or from whom do I draw affirmation?

How did the individuals who offer me affirmation gain position to do so?

Who is responsible for my professional evaluation?

Is there overlap between those individuals who affirm me and those who evaluate me? If so, how do I manage the potential conflict in these roles?

Does the affirmation offered to me center my vision or is it an invitation to walk a “path” valued by the affirmer?