



BECOMING  
**I celebrate that you are alive.**  
 ©J. I. Clarke

BECOMING  
**Your needs and safety are Important to me.**

BECOMING  
**We are connected and you are whole.**

BECOMING  
**You can make healthy decisions about your experiences.**

BECOMING  
**You can be born when you are ready.**

BECOMING  
**Your life is your own.**

BECOMING  
**I love you just as you are.**



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BEING  
**You  
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 here.**

BEING  
**What you  
 need is  
 important  
 to me.**

BEING  
**I'm glad  
 you are  
 you.**

BEING  
**You can  
 grow  
 at your  
 own pace.**

BEING  
**You can  
 feel all  
 of your  
 feelings.**

BEING  
**I love you  
 and I care  
 for you  
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DOING  
 You can explore and experiment and I will support and protect you.

DOING  
 You can use all of your senses when you explore.

DOING  
 You can do things as many times as you need to.

DOING  
 You can know what you know.  
 © J. I. Clarke

DOING  
 You can be interested in everything.

DOING  
 I like to watch you initiate and grow and learn.

DOING  
 I love you when you are active and when you are quiet.



DOING  
 You can explore and experiment and I will support and protect you.

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THINKING  
**I'm glad you are starting to think for yourself.**

THINKING  
**It's OK for you to be angry and I won't let you hurt yourself or others.**

THINKING  
**You can say no and push and test limits as much as you need to.**

THINKING  
**You can learn to think for yourself and I will think for myself.**

THINKING  
**You can think and feel at the same time.**

THINKING  
**You can know what you need and ask for help.**  
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THINKING  
**You can become separate from me and I will continue to love you.**



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IDENTITY & POWER

You can explore who you are and find out who other people are.

IDENTITY & POWER

You can be powerful and ask for help at the same time.

IDENTITY & POWER

You can try out different roles and ways of being powerful.

IDENTITY & POWER

You can find out the results of your behavior.

IDENTITY & POWER

All of your feelings are OK with me.

IDENTITY & POWER

You can learn what is pretend and what is real.

©J. I. Clarke

IDENTITY & POWER

I love who you are.



IDENTITY & POWER

You can explore who you are and find out who other people are.

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STRUCTURE

You can think before you say yes or no and learn from your mistakes.

STRUCTURE

You can trust your intuition to help you decide what to do.

STRUCTURE

You can find a way of doing things that works for you.

STRUCTURE

You can learn the rules that help you live with others.

STRUCTURE

You can learn when and how to disagree.

© J. I. Clarke

STRUCTURE

You can think for yourself and get help instead of staying in distress.

STRUCTURE

I love you even when we differ; I love growing with you.



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Identity, Sexuality Separation

You can know who you are and learn and practice skills for independence.

Identity, Sexuality Separation

You can learn the difference between sex and nurturing and be responsible for your needs and behavior.

Identity, Sexuality Separation

You can develop your own interests, relationships and causes.

© J. I. Clarke

Identity, Sexuality Separation

You can learn to use old skills in new ways.

Identity, Sexuality Separation

You can grow in your maleness or femaleness and still be dependent at times.

Identity, Sexuality Separation

I look forward to knowing you as an adult.

Identity, Sexuality Separation

My love is always with you. I trust you to ask for my support.



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Interdependence  
**Your needs are important.**  
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Interdependence  
**You can be uniquely yourself and honor the uniqueness of others.**

Interdependence  
**You can be independent and interdependent.**

Interdependence  
 Through the years you can expand your commitments to your own growth, to your family, your friends, your community and to all humankind.

Interdependence  
**You can build and examine your commitments to your values and causes, your roles and your tasks.**

Interdependence  
**You can be responsible for your contributions to each of your commitments.**

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**You can be creative, competent, productive and joyful.**

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**You can trust your inner wisdom.**  
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Interdependence  
**You can say your hellos and goodbyes to people, roles, dreams and decisions.**

Interdependence  
**You can finish each part of your journey and look forward to the next.**

Interdependence  
**Your love matures and expands.**

Interdependence  
**You are lovable at every age.**

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INTEGRATION  
**You can grow your whole life through.**  
 ©C. Dawson

ITEGRATION  
**You can look upon your journey through life's stages as natural transitions.**

INTEGRATION  
**You can integrate all of your life experiences and die when you are ready.**

INTEGRATION  
**You can celebrate the gifts you have received and the gifts you have given.**

INTEGRATION  
**You deserve the support that you need.**

INTEGRATION  
**You can share your wisdom in your way.**

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