

BECOMING

I celebrate that you are alive.

Your needs and safety are important to me.

We are connected and you are whole.

You can make healthy decisions about your experiences.

You can be born when you are ready.

Your life is your own.

I love you just as you are.

BEING

I'm glad you are alive.

You belong here.

What you need is important to me.

I'm glad you are you.

You can grow at your own pace.

You can feel all your feelings.

I love you and I care for you willingly.

DOING

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

You can use all of your senses when you explore.

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

You can know what you know.

You can be interested in everything.

I like to watch you initiate and grow and learn.

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

THINKING

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

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

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

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

You can think and feel at the same time.

You can know what you need and ask for help.

You can become separate from me and I will continue to love you.

IDENTITY & POWER

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

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

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

You can find out the results of your behavior.

All of your feelings are OK with me.

You can learn what is pretend and what is real.

I love who you are.

STRUCTURE

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

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

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

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

You can learn when and how to disagree.

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

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

IDENTITY, SEXUALITY & SEPARATION

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

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

You can develop your own interests, relationships and causes.

You can learn to use old skills in new ways.

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

I look forward to knowing you as an adult.

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

INTERDEPENDENCE

Your needs are important.  
Adult

You can be uniquely yourself and honor the uniqueness of others.  
Adult

You can be independent and inter-dependent.  
Adult

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

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

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

Adult

You can be creative, competent, productive and joyful.

You can trust your inner wisdom.

You can say your hellos and goodbyes to people, roles, dreams and decisions.

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

Your love matures and expands.

You are lovable at every age.

INTEGRATION

You can grow your whole life through.

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

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

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

You deserve the support that you need.

You can share your wisdom in your way.

You are lovable just the way you are.