

Developmental Affirmations



Becoming | Prenatal Stage (peach)

- I celebrate that you are alive.
- Your needs 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 the way you are.
- ♥ I love you just as you are.

Being | Stage I - 0 to 6mo (red)

- I'm glad you're 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 | Stage II- 6mo to 18mo (orange)

- 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 | Stage III - 18mo to 3yr (yellow)

- 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 | Stage IV- 3yr to 6yr (green)

- 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 own 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 | Stage V - 6yr to 12yr (light blue)

- 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 | Stage VI adolescence (dark blue)

- 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 | Stage VII - adult years (purple)

- Your needs are important.
- You can be uniquely yourself and honor the uniqueness of others.
- You can be independent and interdependent.
- Through the years you can expand your commitments to your own growth, to your family, your friends, your community and to all humankind.
- You can build and examine your commitments to your values and causes, your roles and tasks.
- You can be responsible for your contributions to each of your commitments.
- 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 | Stage VIII - preparing for death (white)

- You can grow your whole life through.
- You can look upon the process of dying as a natural transition.
- You can make your preparations for leaving 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.