



newsletter for nurturing support groups

Issue 34
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Opening Activity on Affirmations

Hand out name tags. Ask each person to
Choose a partner. Make a name tag for him and tell him
two ways he is important to the group.
Introduce your partner and tell the group one of the ways
he is important.

Closing Activity on Affirmations

At the end of the meeting, briefly review the activities of the
meeting. Ask several people to share one affirmation they plan
to give to self or others during the coming week.

Ask for Resentments. Listen to resentments; do not
defend or explain.

Ask for Appreciations.

Say this Affirmation to the whole group.

*Each of you has the right to be here. Each of your needs are im-
portant. If we met some of your needs during this meeting, fine.
If you have unmet needs, do something to get them met this week.
Each day, remember that you are lovable.*

Dear Reader,

Welcome to the 34th issue of **WE**, a newsletter for
and about groups of people who get together for the
purpose of giving each other personal support. This
issue is about AFFIRMATIONS and includes excerpts
from Annette Bodmer's new book, "**The Gift of Affir-
mation, A Personal Guide for Your Journey
Through the Developmental Affirmations**. In addi-
tion to group activities, some of which are featured
here, the book includes personal activities, special
permissions to use each of eight sets of affirmations,
highlights from Annette's own journey with the use of
affirmations and anecdotes from other users.

Six of the sets of affirmations are adapted from Pam
Levin's **Becoming the Way We Are** and are
featured in Jean Illsley Clarke's book, **Self-Esteem: A
Family Affair**. Jean also wrote the adult affirmations.

The prenatal affirmations are from Sandy
Landsman's **I'm Special**. Annette offers the affir-
mations on stickers, blocks, charts and cymbals (round
cards) through Affirmations Enterprises. It is my
pleasure to share these parts of Annette's book with
you.

Jean Illsley Clarke

Jean Illsley Clarke
Editor

The Gift of Affirmations

by Annette Bodmer

What Are The Developmental Affirmations?

Ways people have described them:

- They are positive, esteem-building messages for emotional health and growth.
- They are powerful, protective messages that give people permission to feel lovable and capable.
- They are nurturing and structuring messages that give people permission to continue to grow and to blossom throughout their lives.
- They are affirming messages that provide an atmosphere in which children and adults can "grow their gifts."
- They are lovable messages that greet the "child" within each of us with open arms.
- They are valuable guides to help people make changes in the things in their lives that aren't working well for them so they can spend more moments of their special gift of life in CELEBRATION.

The Developmental Affirmations are a GIFT you deserve to offer yourself and others.

Who Are They Important For?

The Developmental Affirmations are important for:

In General:



Children, as they carry out the tasks of each developmental stage to encourage them to claim their power within each stage.

Teenagers, as they integrate emotional needs from the previous developmental stages with the added dimension of sexuality and reestablish relationships from independent and autonomous positions as young men and young women.



Adults, as they continue to grow and further reclaim their powers from childhood developmental stages in a more sophisticated manner, building a firm foundation for the Adult stage of Interdependence.

Everyone committed to improving the quality of life for children, teenagers and grown-ups—parents, teachers, day-care providers, doctors, nurses, counselors, nurturing managers, psychologists, clinicians, therapists, for members of growth and prevention groups, etc.



My Personal Journey of Growing Through Affirmation

My Mom had died before I was introduced to Affirmations. I still have moments of sadness about that. During those 5 years that my Dad was living, I spent precious moments with him. I gave to him the affirming messages of things I had always wanted to say but didn't have the words. I told him about some of the messages that I did not hear as a child. For example, "It's OK for me to be smart!" (I knew my older sister and brother were. I heard them being affirmed for it often. I remember being affirmed for being pleasing, not smart.) I said Dad, did you and Mom think I was smart? I can still see his surprised look when I asked him. Then he said gently, "Don't you remember when . . . and we said to you . . . and when . . . and we said to you . . ."

My oldest son, David, was 15 when I first started using the Developmental Affirmations. As I reflected back to earlier parenting situations with him, I thought about the many times I had "blown it". It seemed like I spent the next two years asking him to think back on different situations and apologizing to him for what I had said to him. I told him what I should have said instead. I said, "David, remember that time when . . . and I said to you . . . Sorry, honey, what I should have said was . . ."

Postscript: I still "blow it" sometimes, but now I know how to apologize and replace negations with words that are positive or affirming.





Growing up is a life-long journey, you know!

Affirmation Exercises




for Family, Classroom, Workshop, Support Group and Clinical Settings

The purpose of each exercise is to help people find ways to feel better about themselves and be in charge of their own learning and affirming. Many of the exercises can be easily adapted for different situations and the suggested materials can be easily interchanged or personally created.






LEGEND:

-  = Materials needed
-  = Personal directions to group leader
-  = Direct dialogue with participants
-  = Allow time for group participation



Opening Affirmation Activity

-  One set of Affirmation Cymbal Stickers
-  As participants come into the room, ask them to choose a Sticker that has a special meaning for them today and stick it on their Name tag. (Some may wish to write their own plain Sticker.)
 - Will you share with the person next to you why you chose that particular Affirmation?
- 
- Will you introduce your partner to the whole group and read the Affirmation he/she chose?

Milling Around With Affirmations

-  One set of Affirmation Cymbal Stickers.
-  Spread out a set of Stickers.
 - There are many ways of affirm, both verbally and nonverbally. Will each of you pick out a meaningful Affirmation message and wear it? If you don't find one you especially want right now, write your own on a Plain Sticker.
- 
- Will you ask someone to read it to you and listen to how it sounds?
- 
- Will you mill around each other, read their messages to yourself and nonverbally affirm them for the messages they chose?
- 
- Are there thoughts or feelings about nonverbal Affirmation that any of you would like to share with the group?

Affirming Goals

-  A sheet of paper and one set of cut-up Affirmation Cymbals for each participant.
-  Hand out a sheet of paper and a set of Cymbals to each participant.
 - Goals are important. They give us direction on how we want to spend our lives in ways that are meaningful to us. Sometimes we need certain Affirmations in order to accomplish our goals. On the sheet of paper, will you write down one goal that you hope to accomplish this year?



(continued on page 3)



Affirmation Enterprises
P.O. Box 21, Savage MN 55378

. . . for personal use, for giving . . .

If you need a set of Cymbals to include with your gift, order regular or miniatures.

	Qty	Price
Gift of Affirmation		5.95
Cymbals (1 set)		5.60
Miniature Cymbals		2.25
Shipping (Add \$1 for 1st item, .25 each add'l item)		

Ship to:

Name _____

Address _____

City _____ State _____ Zip _____


Send with total payment to:

Affirmation Enterprises
P.O. Box 21
Savage, MN 55378
(612) 890-5837

affirmations

(continued from page 4)

Symbols of Love

 One 5x8 index card and one set of Affirmation Cymbals for each participant.

- *To me, the Affirmations are symbols of love, special messages that as a result of hearing, we feel loved.*
- *Will you think of a special person in your life that you feel loved by?*

Pass out an index card and a set of Cymbals to each person.

- *Will you write his/her name at the top of the card?*

Clock

- *Will you look through the Cymbals and pick out 3 or 4 Affirmations that your special person says to you?*

Clock

- *Will you write I feel loved by you when you tell me . . . and write the Affirmations below?*

Clock

- *Will you look through the Cymbals again and pick out 3 or 4 Affirmations you wish your special person would say to you?*

Clock

- *Will you write I wish you would tell me . . . and write those Affirmations below?*

Clock

- *Invite you to share your card with that special person and ask him/her to do the same thing.*

 Ask for general comments.

Simple Activities

In Family or Group Settings

- Toss a Block to each member in a circle. Ask him/her to choose a message and have the person on the left read it.
- Pass out Blocks to each couple. Ask them to read the messages to each other and to talk about what they mean to them. (Or ask them to put the messages in their own words.)
- Give each member one Developmental Stage of Cymbals. Ask them to put the messages in order of preference. Ask them to find a partner to read them.
- Place a set of Cymbals in the middle of the circle. Ask each member to select one or two to give to another person.
- Lay out a set of Stickers. Ask each member to secretly select one for another person. Ask them to stick it on the other's forehead for them to guess which message was given to them.
- Lay out some plain Stickers. Ask each person to write an Affirmation they would like to hear from another member in the group. Ask the other members to read it and to stick in on the writer.
- Pass out one Developmental Chart to each pair. Ask them to read through it and talk about how that stage is meaningful to them.

- Tape a set of Developmental Charts on a wall. Ask the members to go to their favorite Chart and tell one reason why it is their favorite.

Cymbals

Cymbal Sets:

- Punch holes at the tops and place on keyring and carry in pocket/purse for use when need arises.
- Take color group and put messages in order of preference.
- Attach to magnets and place on refrigerator.
- Put in cookie tin and use as centerpiece for the dining room table. (Pass them out as a special grace or as an anytime non-caloric snack.)
- Use for coasters or for table decorations for dinner party, luncheon or brunch.
- Spread them out and choose the messages you need to help you make a decision, resolve a problem, complete a difficult task, raise your level of self-esteem, etc.
- Send to someone you want to remember in a special way.
- Give as gift to newlyweds, new parents, child going off to college or to someone in stress.
- Give as a birthday or Christmas gift. Include some ideas on how to use them.
- Offer to read to a friend.
- "I'm glad you're growing up." Place on the dresser or mirror of girl who has just begun menstruation or for boy whose voice is beginning to change.
- "You can be powerful and still have needs." Send to friend who has recently divorced and is beginning to establish self in a new social role.
- "My love goes with you." Put in plastic key chain for teenager, who just got their driver's license.

Suggested Reading List

By Pam Levin

BECOMING THE WAY WE ARE A Transactional Guide Book to Personal Development. Directed Media, Inc., 1985.

By Jean Illsley Clarke

SELF-ESTEEM: A FAMILY AFFAIR Winston Press, 1978.

By Sandy Landsman

I'M SPECIAL Tree House Enterprises, 1985.

FOUND: A PLACE FOR ME Tree House Enterprises, 1985.

All publications are available for purchase through Affirmation Enterprises.

Facilitator Training Workshops

March 24-28, 1986
Seattle, WA

June 23-28, 1986
Minneapolis, MN

April 10-14, 1986
Ashland, OR

July 21-25, 1986
Cincinnati, OH

A week-long workshop for people who want to . . .

- Facilitate the **Self-Esteem: A Family Affair** parenting model, or
- Improve group leadership skills for working with growth, education, or support groups.

Led by Jean Illsley Clarke or Gail Nordeman.
Write to **WE** for details.

Suggested Format for Group Meetings

Place _____

Date _____

Time _____

Person in Charge _____

Program:

- Opening activity that offers everyone a positive personal message
- Ground rules
- Celebrating wins and sharing problems
- Asking for support
- Practice skills, new learnings, play
- Suggestion circle
- Plan the next meeting
- Resentments and Appreciations
- Closing activity that offers everyone a positive personal message

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- Suggested activities
- Thoughts on theory and purpose of support groups
- News from other support groups

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