

Becoming

**I
celebrate
that you
are alive**

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**

Being

**I'm glad
you are
alive**

Being

**You
belong
here**

Being

**What you
need is
important
to me**

Being

**I'm glad
you are
you**

Being

**You can
feel all
your
feelings**

Being

**I love you
and I care
for you
willingly.**

Being

**You can
grow at
your own
pace**

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**

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.**

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**

Thinking

**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**

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**

Identity & Power

**I love
who you
are**

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**

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**

**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**

**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**

Interdependence

**Your
needs are
important**

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 you
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.**

Interdependence

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

Interdependence

**You can
trust your
inner
wisdom.**

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
loveable
at every
age**

Integration

**You can
grow your
whole life
through**

Integration

**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**

Integration

**You are
loveable
just the way
you are**