

AFFIRMATION FAQ

What are the Affirmations?

They are life supporting messages - anything we do or say that lets others know that they are lovable and capable. These messages affirm people's need and ability to grow and do their developmental tasks.

Why is it worthwhile to use these affirmations?

We can use affirmations to help us remember that we are capable, lovable people. They help us love and care for others. They remind us that we are always growing and that there is hope.

How can affirmations help us?

We can use affirmations to help us raise our self-esteem so that we have healthier bodies and healthier minds. Our posture improves, we are more active, productive, loving, and joyful.

Are there other ways to give the messages?

Yes, lots. You give them by the way you touch, look and respond to, spend time with, and pay attention to people.

RULES

DO

Give *yourself* affirmations even when you think you don't believe them.

You will be tapping into the healthy, loving part of yourself.

DO NOT

Give an affirmation to *someone else* at a moment when you don't feel and believe it.

If you do, they may pick up the conflict in it and feel confused instead of affirmed.

If you can't give some of these messages to your child, do what you need to do for yourself (get help, rest, education, therapy, etc.) so that you can believe the messages.

WAYS TO USE AFFIRMATIONS

- Put them on/in:
 - Refrigerator
 - bathroom mirror
 - bulletin board
 - Dashboard
 - A Book
 - A Gift
 - Yourself
 - Your pocket
 - Wallet or purse
 - Look at them and read them.
 - Lunch box
 - A letter/greeting card
- Read them to yourself:
 - Choose three at random.
 - Select 4-5 to focus on each week.
 - Read them aloud 5 times AM & PM
- Read them to another person
 - Ask what they want to hear.
 - Select at random.
- Come up with your own ideas!

What do the ages mean?

The ages indicate the time at which each message first gets strong focus. After that we refocus on each developmental task many times according to our rhythms of growth or in response to life experiences. Each time we refocus we have the chance to learn to apply the skills in a more sophisticated way.

What are the "Love Affirmations"?

The "love affirmations" are marked with hearts. They are the affirmations that say "I love you unconditionally for yourself and for doing your developmental tasks."

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.