

BECOMING

I love you  
just as  
you are.

BEING

I love you  
and I care  
for you  
willingly.

DOING

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

THINKING

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

IDENTITY & POWER

I love  
who you  
are.

STRUCTURE

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

Identity, Sexuality  
Separation

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

Interdependence

You are  
lovable at  
every  
age.

Integration

You are  
lovable just  
the way you  
are.

## **About the Affirmations**

### **What are the affirmations?**

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

### **What do the ages by the stage numbers 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 more sophisticated ways.

### **What do you do with the colored ovals?**

Look at them and read them. Post them on the refrigerator, bathroom, mirror, bulletin board, dashboard. Stick them on a book, gift, yourself. Put them in a lunch box, letter, greeting card, birthday present. Carry them in your pocket, billfold, or purse. Keep a set by the telephone. Play with them with another person – read the ones he wants to hear. Spread them face down on a table. Pick up three and read them to yourself. Choose four or five to focus on for a week. Read them aloud five times morning and night.

### **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.

### **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 attractive, productive, loving and joyful.

### **What are the "Love Affirmations"?**

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

### **Are there any rules?**

Yes. Don't 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, whatever) so that you can believe the messages and give them.

Do give yourself affirmations even when you think you don't believe them. You will be tapping into the healthy, loving part of yourself.