

BECOMING

I celebrate that you are alive

Your needs and safety 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 as you are

BEING

I'm glad you are 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

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

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

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 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

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

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

Your needs are important

You can be uniquely yourself and honor the uniqueness of others

You can be independent and inter-dependent

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 your tasks

You can be responsible for your contributions to each of your commitments

Adult

Adult

Adult

Adult

Adult

Adult

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

You can grow your whole life through

You can look upon your journey through life's stages as natural transitions

You can integrate all of your life experiences and die when you are ready

You can celebrate the gifts you have received and the gifts you gave given

You deserve the support you need

You can share your wisdom in your way

You are lovable just the way you are