

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.
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IDENTITY & POWER

I love who you are.

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.
©J. I. Clarke

THINKING

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

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.
©J. I. Clarke

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.

BEING

I'm glad you are alive.
©J. I. Clarke

BEING

You belong here.

BEING

What you need is important to me.

BEING

I'm glad you are you.

BEING

You can grow at your own pace.

BEING

You can feel all of your feelings.

BEING

I love you and I care for you willingly.

BECOMING

I celebrate that you are alive.
©J. I. Clarke

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.

<p>INTEGRATION</p> <p>You can grow your whole life through.</p> <p>©C. Dawson</p>	<p>INTEGRATION</p> <p>You can look upon your journey through life's stages as natural transitions.</p>	<p>INTEGRATION</p> <p>You can integrate all of your life experiences and die when you are ready.</p>	<p>INTEGRATION</p> <p>You can celebrate the gifts you have received and the gifts you have given.</p>	<p>INTEGRATION</p> <p>You deserve the support that you need.</p>	<p>INTEGRATION</p> <p>You can share your wisdom in your way.</p>	<p>INTEGRATION</p> <p>You are lovable just the way you are.</p>
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<p>Interdependence</p> <p>You can be creative, competent, productive and joyful.</p>	<p>Interdependence</p> <p>You can trust your inner wisdom.</p> <p>©J. I. Clarke</p>	<p>Interdependence</p> <p>You can say your hellos and goodbyes to people, roles, dreams and decisions.</p>	<p>Interdependence</p> <p>You can finish each part of your journey and look forward to the next.</p>	<p>Interdependence</p> <p>Your love matures and expands.</p>	<p>Interdependence</p> <p>You are lovable at every age.</p>	<p>Interdependence</p>
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<p>Interdependence</p> <p>Your needs are important.</p> <p>©J. I. Clarke</p>	<p>Interdependence</p> <p>You can be uniquely yourself and honor the uniqueness of others.</p>	<p>Interdependence</p> <p>You can be independent and interdependent.</p>	<p>Interdependence</p> <p>Through the years you can expand your commitments to your own growth, to your family, your friends, your community and to all humankind.</p>	<p>Interdependence</p> <p>You can build and examine your commitments to your values and causes, your roles and your tasks.</p>	<p>Interdependence</p> <p>You can be responsible for your contributions to each of your commitments.</p>	<p>Interdependence</p>
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<p>Identity, Sexuality Separation</p> <p>You can know who you are and learn and practice skills for independence.</p>	<p>Identity, Sexuality Separation</p> <p>You can learn the difference between sex and nurturing and be responsible for your needs and behavior.</p>	<p>Identity, Sexuality Separation</p> <p>You can develop your own interests, relationships and causes.</p> <p>©J. I. Clarke</p>	<p>Identity, Sexuality Separation</p> <p>You can learn to use old skills in new ways.</p>	<p>Identity, Sexuality Separation</p> <p>You can grow in your maleness or femaleness and still be dependent at times.</p>	<p>Identity, Sexuality Separation</p> <p>I look forward to knowing you as an adult.</p>	<p>Identity, Sexuality Separation</p> <p>My love is always with you. I trust you to ask for my support.</p>
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<p>STRUCTURE</p> <p>You can think before you say yes or no and learn from your mistakes.</p>	<p>STRUCTURE</p> <p>You can trust your intuition to help you decide what to do.</p>	<p>STRUCTURE</p> <p>You can find a way of doing things that works for you.</p>	<p>STRUCTURE</p> <p>You can learn the rules that help you live with others</p>	<p>STRUCTURE</p> <p>You can learn when and how to disagree.</p> <p>©J. I. Clarke</p>	<p>STRUCTURE</p> <p>You can think for yourself and get help instead of staying in distress.</p>	<p>STRUCTURE</p> <p>I love you even when we differ; I love growing with you.</p>
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