

BECOMING

**I celebrate
that you
are alive.**

Prenatal stage

PEACH

BECOMING

**Your needs
and safety
are
important
to me.**

Prenatal stage

BECOMING

**We are
connected
and you
are whole.**

Prenatal stage

PEACH

BECOMING

**You can
make
healthy
decisions
about your
experiences.**

Prenatal stage

BECOMING

**You can
be born
when
you are
ready.**

Prenatal stage

BECOMING

**Your
life is
your
own.**

Prenatal stage

BECOMING

**I love you
just as
you are.**

Prenatal stage

PEACH

BEING

**I'm
glad
you are
alive.**

RED

BEING

**You
belong
here.**

RED

BEING

**What
you need
is
important
to me.**

RED

BEING

**I'm
glad
you are
you.**

RED

BEING

**You
can grow
at your
own pace.**

RED

BEING

**You can
feel all
of your
feelings.**

RED

BEING

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

RED

DOING

**You can
explore and
experiment
and
I will support
and protect
you.**

ORANGE

DOING

**You can
use all of
your senses
when you
explore.**

ORANGE

DOING

**You can
do things
as many
times
as you
need to.**

ORANGE

DOING

**You can
know
what
you know.**

ORANGE

DOING

**You can be
interested
in
everything.**

ORANGE

DOING

**I like to
watch you
initiate
and grow
and learn.**

ORANGE

DOING

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

ORANGE

THINKING

**I'm glad
you are
starting to
think for
yourself.**

YELLOW

THINKING

**It's OK for
you to be
angry and I
won't let you
hurt yourself
or others.**

YELLOW

THINKING

**You can say
no and push
and test limits
as much as
you need to.**

YELLOW

THINKING

**You can
learn to think
for yourself
and I will think
for myself.**

YELLOW

THINKING

**You can
think and
feel at the
same time.**

YELLOW

THINKING

**You can say
no and push
and test limits
as much as
you need to.**

YELLOW

THINKING

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

YELLOW

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.**

GREEN

IDENTITY & POWER

**You can try
out different
roles and
ways
of being
powerful.**

GREEN

IDENTITY & POWER

**You can
find out
the results
of your
behavior.**

GREEN

IDENTITY & POWER

**All of
your
feelings
are OK
with me.**

GREEN

IDENTITY & POWER

**You can
learn what is
pretend
and
what is real.**

GREEN

IDENTITY & POWER

**I love
who you
are.**

GREEN

STRUCTURE

**You can
think before
you say yes
or no and
learn from
your
mistakes.**

LIGHT BLUE

STRUCTURE

**You can
trust your
intuition to
help you
decide what
to do.**

LIGHT BLUE

STRUCTURE

**You can
find a way
of doing
things
that works
for you.**

LIGHT BLUE

STRUCTURE

**You can
learn the
rules that
help you live
with
others.**

LIGHT BLUE

STRUCTURE

**You can
learn when
and how to
disagree.**

LIGHT BLUE

STRUCTURE

**You can
think for
yourself and
get help
instead of
staying
in distress.**

LIGHT BLUE

STRUCTURE

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

LIGHT BLUE

IDENTITY,
SEXUALITY & SEPARATION

**You can know
who you are
and learn
and practice
skills for
independence.**

DARK BLUE

IDENTITY,
SEXUALITY & SEPARATION

**You can learn
the difference
between sex and
nurturing and
be responsible
for your needs
and
behavior.**

DARK BLUE

IDENTITY,
SEXUALITY & SEPARATION

**You can
develop your
own interests,
relationships
and
causes.**

DARK BLUE

IDENTITY,
SEXUALITY & SEPARATION

**You can
learn to use
old skills
in new
ways.**

DARK BLUE

IDENTITY,
SEXUALITY & SEPARATION

**You can grow
in your maleness
or femaleness
and still be
dependent
at times.**

DARK BLUE

IDENTITY,
SEXUALITY & SEPARATION

**I look
forward to
knowing
you as an
adult.**

DARK BLUE

IDENTITY,
SEXUALITY & SEPARATION

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

DARK BLUE