

BECOMING

**I celebrate
that you
are alive.**

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.**

peach

BEING

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

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.**

red

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.**

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.**

orange

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.**

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.

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.

IDENTITY & POWER

I love who you are.

green

STRUCTURE

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

STRUCTURE

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

STRUCTURE

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

STRUCTURE

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

STRUCTURE

You can learn when and how to disagree.

STRUCTURE

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

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.**

Identity, Sexuality
Separation

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

Identity, Sexuality
Separation

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

Identity, Sexuality
Separation

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

Identity, Sexuality
Separation

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

Identity, Sexuality
Separation

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

Identity, Sexuality
Separation

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

Dark blue

INDEPENDENCE

**Your
needs are
important.**

INTEGRATION

**You can be
uniquely
yourself and
honor the
uniqueness
of others**

INTEGRATION

**You
can be
independent
and
interdependent.**

INTEGRATION

**Through the years
you can expand your
commitments
to your
own growth, to your
family, your friends,
your community and
to all humankind.**

INTEGRATION

**You can build
and examine your
commitments to
your values and
causes, your
roles and
your tasks.**

INTEGRATION

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

violet

INTEGRATION

**You can be
creative,
competent,
productive
and joyful.**

INTEGRATION

**You can
trust
your inner
wisdom.**

INTEGRATION

**You can say
your hellos and
goodbyes to
people, roles,
dreams and
decisions.**

INTEGRATION

**You can finish
each part of
your journey
and look
forward to
the next.**

INTEGRATION

**Your love
matures
and
expands.**

INTEGRATION

**You are
lovable at
every age.**

violet

INTEGRATION

**You can
grow your
whole life
through.**

INTEGRATION

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

INTEGRATION

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

INTEGRATION

**You can
celebrate the
gifts you have
received and
the gifts you
have given.**

INTEGRATION

**You
deserve
the support
that you
need.**

INTEGRATION

**You can
share your
wisdom
in your
way.**

INTEGRATION

**You are
lovable
just the
way you
are.**

White