

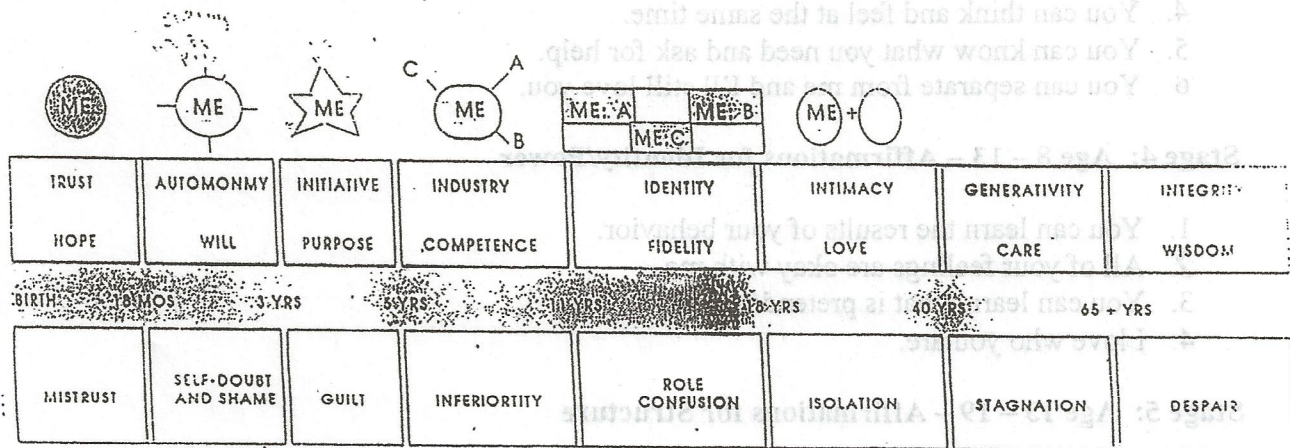
Stage 6: Age 20 and Above – Affirmations for Identity, Separation, Sexuality

1. You can know who you are and practice skills for independence.
2. You can learn to use old skills in new ways.
3. I look forward to knowing you as an adult.
4. You can learn the difference between sex, nurturing and being responsible for your needs, feelings, and behavior.
5. My love is always with you and I trust you to ask me for support.

Stage 7: Adulthood – Affirmations for Adults

1. Your needs are important.
2. You can be uniquely yourself and honor others' uniqueness.
3. You can be independent and interdependent.
4. You can trust your inner wisdom.
5. You can say inner goodbyes, to say hello or goodbye, to people, roles, dreams, and decisions.
6. You can finish each part of your journey and look forward to the next part.
7. Your love matures and expands.

ERICKSON'S LIFE SPAN THE 8 STAGES OF PERSONALITY DEVELOPMENT



I AM THE WORLD



My world is broken, so 'I' feel that something is wrong with me.

