PERSONAL AFFIRMATIONS NEEDED DURING LIFESPAN

Stage 1: Birth to 18 months – Affirmations for Being

1. I am glad you are alive.
2. You belong here.
3. What you need is important.
4. I'm so glad you're you.
5. You can feel all your feelings.
6. I'm glad you were born a girl/boy.
7. You're unique, one of a kind. There is no other like you.
8. Worth is God-given.

Stage 2: 18 – 36 months – Affirmations for Doing

1. You can use all your senses when you are exploring.
2. You can do things as many times as you need to.
3. You can be interested in everything.
4. I love you when you're alive or quiet.

Stage 3: Age 4 – 7 – Affirmations for Thinking

1. I'm glad you're starting to think for yourself.
2. It's not how you perform that makes me love you; I love you because you're you.
3. It's okay for you to be angry.
4. You can think and feel at the same time.
5. You can know what you need and ask for help.
6. You can separate from me and I'll still love you.

Stage 4: Age 8 – 13 – Affirmations for Identity/Power

1. You can learn the results of your behavior.
2. All of your feelings are okay with me.
3. You can learn what is pretend/real.
4. I love who you are.

Stage 5: Age 13 – 19 – Affirmations for Structure

1. You can learn when/how to disagree.
2. You can think for yourself and get help instead of staying in distress.
3. I can help you learn rules that will help you live with others.
4. You can trust your intuition to help you know what to do.
5. You can think before you say Yes or No.

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.