

BEING Affirmations (Red)

**What you
need is
important
to us**

**We want
you to be
here and
want to
care for you**

**We're glad
you're
here**

**You
belong
here**

**You can
feel all of
your
feelings**

**We are
glad you
are you**

**You can
grow at
your own
pace**

DOING Affirmations (Orange)

**You can
explore and
experiment
and we will
support and
protect you**

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

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

**You can be
interested
in
everything**

**We like you
when you
are active
and when
you are
quiet**

**We like to
watch you
grow and
learn**

**You can
know what
you know**

THINKING Affirmations (Yellow)

You can learn to think for yourself and others can too

You can say no and push the limits as much as you need to

I'm glad you are starting to think for yourself

You can know what you need and ask for help

You can think and feel at the same time

It's OK for you to be angry, and we won't let you hurt yourself or others

You can be yourself and we will still care for you

IDENTITY AND POWER Affirmations (Green)

**You can
explore who
you are and
find out
about others**

**You can try
out different
ways of
being
powerful**

**You can be
powerful
and ask for
help at the
same time**

**All of your
feelings are
OK here**

**You can
learn the
results of
your
behaviour**

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

SKILLS & STRUCTURE Affirmations (Blue)

**You can
learn the
rules to help
you live with
others**

**You can
think before
you say ‘
yes’ or ‘no’**

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

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

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

**You can
learn from
your
mistakes**

**You can try
out different
ways of
being
powerful**

**You can
learn the
results of
your
behaviour**

**You can
find ways
of doing
things that
work for
you**

**We still want
to be with you
when we
differ and we
can learn
together**

INTEGRATION Affirmations (Purple)

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

**We look
forward to
knowing you
as an adult**

**We trust you
to ask for
support
when you
need it**

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

**You can grow
in your
femaleness or
maleness and
still need help
at times**

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