**EDUCATIONAL AFFIRMATIONS by Jean Illsley Clarke**

**Stage I *Being* (0 to 6 months)** **Stage II *Doing* (6 to 18 months)**

**I’m glad you are alive. You can explore and experiment and I will support and protect you.**

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

**What you need is important to me. You can do things as many times as you need to.**

**I’m glad you are you. You can know what you know.**

**You can grow at your own pace. You can be interested in everything.**

**You can feel all of your feelings. I like to watch you initiate and grow and learn.**

***I love you and I care for you willingly.* *I love you when you are active and when you are quiet.***

**Stage III *Thinking* (18months to 3 years) Stage IV *Identity and Power* (3 to 6 years)**

**I’m glad you are starting to think for yourself. You can explore who you are and find out who other people are.**

**It’s OK for you to be angry and I won’t let you You can be powerful and ask for help at the same time.**

**hurt yourself or others. You can try out different roles and ways of being powerful.**

**You can say no and push and test limits as You can find out the results of your behavior.**

**much as you need to. All of your feelings are OK with me.**

**You can learn to think for yourself and I will think You can learn what is pretend and what is real.**

**for myself. I love who you are.**

**You can know what you need and ask for help.**

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

**Stage V *Structure* (6 to 12 years)** **Stage VI *Identity, Sexuality, and Power* (13 to 19 years)**

**You can think before you say yes or no and You can know who you are and learn and**

**learn from your mistakes. practice skills for independence.**

**You can trust your intuition to help you You can learn the difference between sex and nurturing and decide what to do. be responsible for your needs and behavior.**

**You can find a way of doing things that You can develop your own interests, relationships, and causes.**

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

**You can learn the rules that help you live You can grow in your maleness or femaleness and still be**

**with others. dependent at times.**

**You can learn when and how to disagree. I look forward to knowing you as an adult.**

**You can think for yourself and get help instead My love is always with you. I trust you to ask for my support.**

**of staying in distress.**

**I love you, even when we differ; I love growing**

**with you.**

**Stage VII *Interdependence* (Adult years)**

**Your needs are important**

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

**You can be independent and interdependent.**

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

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

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

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

**You can trust your inner wisdom.**

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

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

**Your love matures and expands.**

**You are lovable at every age.**