

## Things Your Parents Wish They'd Told You

Based on Erik Erikson's psychosocial stages, these are truths your parents in their heart of hearts, wish they had imparted to you. It's good now to say them to yourself, your children, your partner, and to all those you love.

### Affirmations for infancy (and before!)

*You are safe.  
You have every right to be here.  
Your needs are okay with me.  
I'm glad you're a girl/boy.  
You don't have to hurry.  
I like to hold you.*

### Affirmations for toddlers

*It's important to take good care of yourself.  
Eat well and get some exercise.  
You have an effect on the world around you.  
It's okay to do things (try things, initiate, be curious, be intuitive) and get support and protection at the same time.  
I'm glad you're here and I see you're doing things.  
I'm glad you're growing up.  
I'm not afraid of your anger.  
You don't have to take care of me or think for me.*

### Affirmations for pre-school children

*You can be powerful and still have needs.  
You don't have to act scary (or sick, sad, mad...) to get taken care of.  
You can express your feelings directly.  
You can ask for what you want, and take no for an answer.  
I will back you up.  
Just try it. Maybe it'll work out. If not, you're bound to learn something.  
The world is full of opportunities for learning, growth, and adventure.*

### Affirmations for elementary-agers

*You are capable.  
It's okay to shine, be successful, stand out.  
You can think before you make that rule your own.  
You can trust your feelings to help you know.  
You can do it your way.  
It's okay to disagree.  
You don't have to suffer to get what you need.*

### Affirmations for adolescence

*I love you just the way you are.  
You are the expert on you.  
You can think seriously, and decide for yourself what you believe.  
You can have sexual feelings and still be a kid who needs help, advice  
and guidance.  
It's okay to know who you are.  
You're welcome to come home again.  
The way you look and dress are absolutely fine.*

### Affirmations for young adulthood

*We are all connected.  
You can ask for and offer help.  
You can say what you mean most of the time.  
It's safe to take emotional risks, and to tell people how you feel about  
them.  
You can find the good in everyone you meet.  
You can choose what you tell me and what you keep to yourself.  
You can choose your friends.*

### Affirmations for middle age

*You are here to make a contribution.  
You are meant to have what you want most in life.  
You can succeed and be happy.  
You can find work that nourishes you.  
Joy and fulfillment are your natural ways of being.*

### Affirmations for old age

*We are all one.  
Your life has meaning, apart from any accomplishments.  
Your value is in who you have become, not what you have accumulated.  
You create your own reality.  
You are part of something far greater than you might imagine.  
You can rest.*