

# AFFIRMATION FAQ

## What are the Affirmations?

They are life supporting messages - anything we do or say that lets others know that they are lovable and capable. These messages affirm people's need and ability to grow and do their developmental tasks.

## Why is it worthwhile to use these affirmations?

We can use affirmations to help us remember that we are capable, lovable people. They help us love and care for others. They remind us that we are always growing and that there is hope.

## How can affirmations help us?

We can use affirmations to help us raise our self-esteem so that we have healthier bodies and healthier minds. Our posture improves, we are more active, productive, loving, and joyful.

## Are there other ways to give the messages?

Yes, lots. You give them by the way you touch, look and respond to, spend time with, and pay attention to people.

## RULES

### DO

Give *yourself* affirmations even when you think you don't believe them.

You will be tapping into the healthy, loving part of yourself.

### DO NOT

Give an affirmation to *someone else* at a moment when you don't feel and believe it.

If you do, they may pick up the conflict in it and feel confused instead of affirmed.

If you can't give some of these messages to your child, do what you need to do for yourself (get help, rest, education, therapy, etc.) so that you can believe the messages.

## WAYS TO USE AFFIRMATIONS

- Put them on/in:
  - Refrigerator
  - bathroom mirror
  - bulletin board
  - Dashboard
  - A Book
  - A Gift
  - Yourself
  - Your pocket
  - Wallet or purse
  - Look at them and read them.
  - Lunch box
  - A letter/greeting card
- Read them to yourself:
  - Choose three at random.
  - Select 4-5 to focus on each week.
  - Read them aloud 5 times AM & PM
- Read them to another person
  - Ask what they want to hear.
  - Select at random.
- Come up with your own ideas!

## What do the ages mean?

The ages indicate the time at which each message first gets strong focus. After that we refocus on each developmental task many times according to our rhythms of growth or in response to life experiences. Each time we refocus we have the chance to learn to apply the skills in a more sophisticated way.

## What are the "Love Affirmations"?

The "love affirmations" are marked with hearts. They are the affirmations that say "I love you unconditionally for yourself and for doing your developmental tasks."