

SEAFA Affirmation Page

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Affirmations for Becoming

I
celebrate
that you
are alive

You
needs and
safety are
important
to me.

We
are
connected
and you are
whole.

You can
make healthy
decisions
about your
experiences

You
can be
born when
you are
ready.

Your
life is
YOUR
OWN.

♥
I
love you just
the way you
are.

SEAFA is the abbreviation for **Self-Esteem: A Family Affair**, a course written and designed by Jean Illsley Clarke.

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Affirmations for Adoption

I will
do my part
to make a
connection
with you.


You can
count
on me.

You can
push, but I
will not let
you push me
away.

I will
care for
you and
for
myself.

We can
both tell
the truth and
be responsible
for our
behaviours.

I support
you in learning
what you may
want to know
about your
history and
heritage.


You are
loveable
just the
way you
are.

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Affirmations for Being

I'm glad
you are
alive

You
belong
here

What you
need is
important
to me

I'm glad
you are
you

You can
grow at your
own pace

You can
feel all
of your
feelings

I love you
and I care
for you
willingly

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Affirmations for Doing

You can
explore and
experiment and
I will support
and protect
you

You can
use all of
your senses
when you
explore

You can
do things
as many times
as you
need to

You can
know what
you know

You can be
interested in
everything

I like to
watch you
initiate
and grow
and learn

I love you
when you are
active and
when you
are quiet

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Affirmations for Thinking

I'm glad
you are
starting to
think for
yourself

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

You can say
no and push a
nd test limits
as much as
you need to

You can
learn to think
for yourself
and I will think
for myself

You can
think and
feel at the
same time

You can
know what
you need
and ask
for help

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

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Affirmations for Structure

You can think before you say yes or no and learn from your mistakes.

You can trust your intuition to help you decide what to do.

You can find a way of doing things that works for you.

You can learn the rules that help you live with others.

You can learn when and how to disagree.

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

 I love you even when we differ:
I love growing with you.

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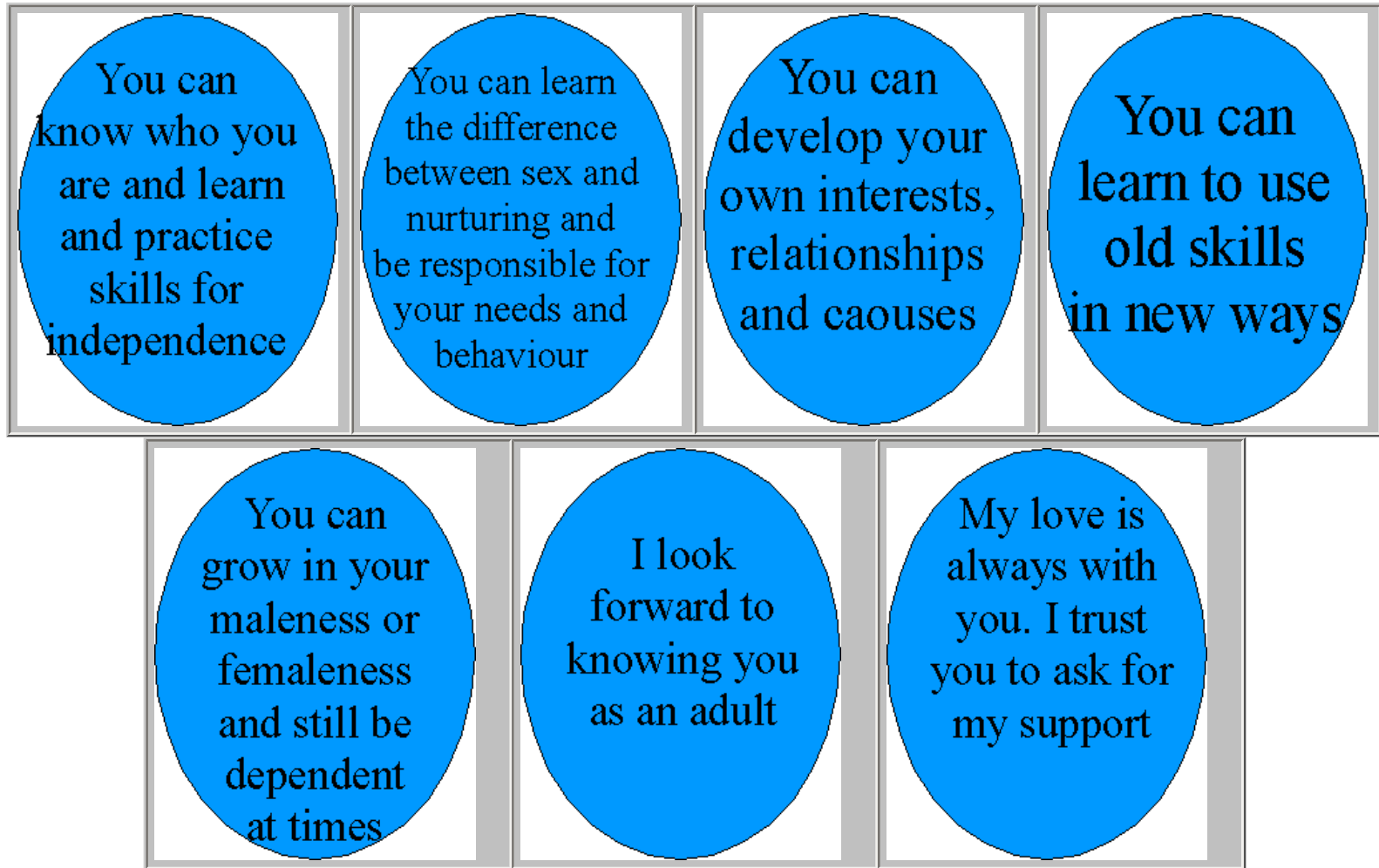
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Affirmations for Sexuality and Separation



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Affirmations for Identity and Power

You can explore who you are and find out who other people are

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

You can try out different roles and ways of being powerful

You can find out the results of your behavior

All of your feelings are OK with me

You can learn what is pretend and what is real

I love who you are

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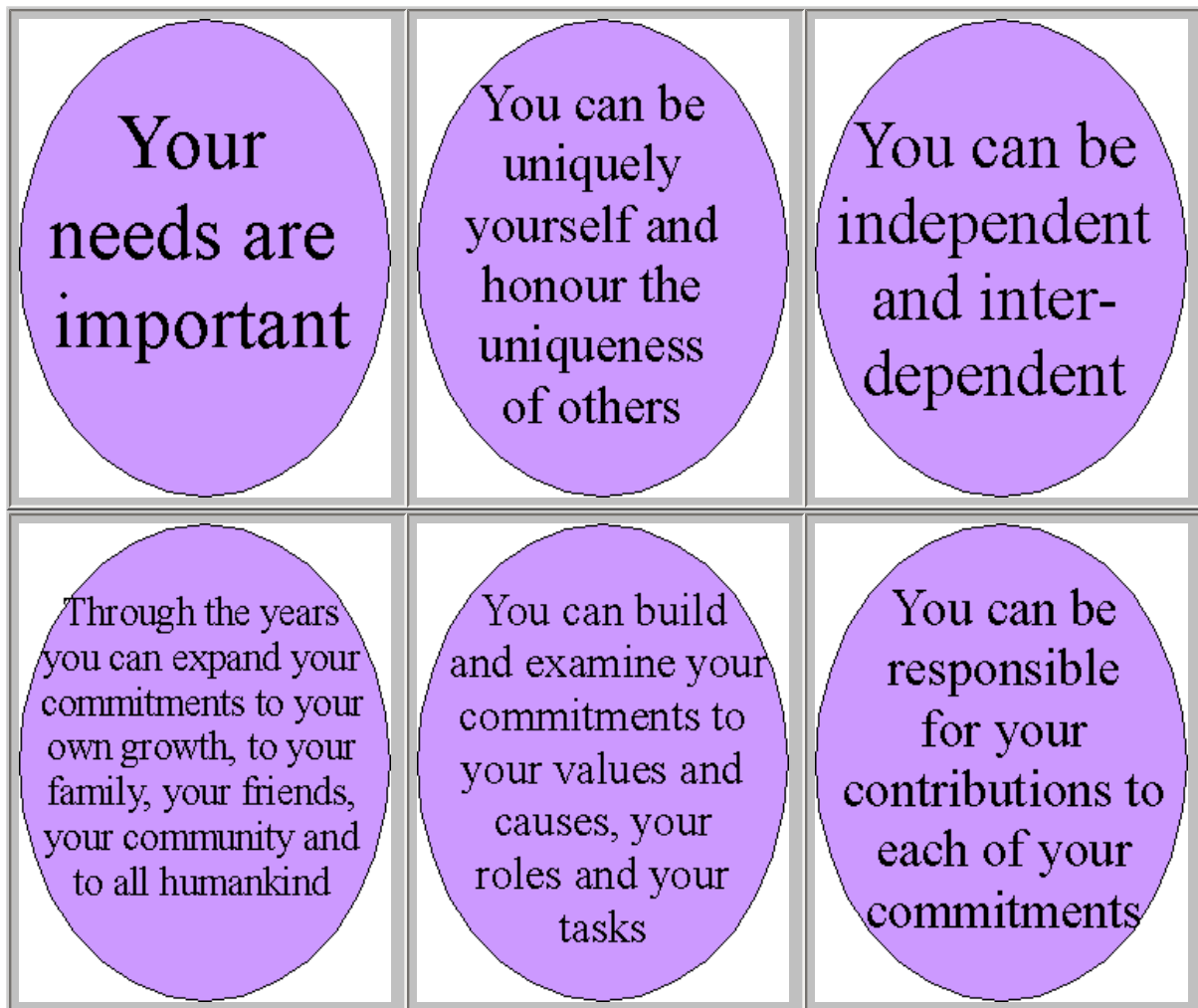
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Affirmations for Independence



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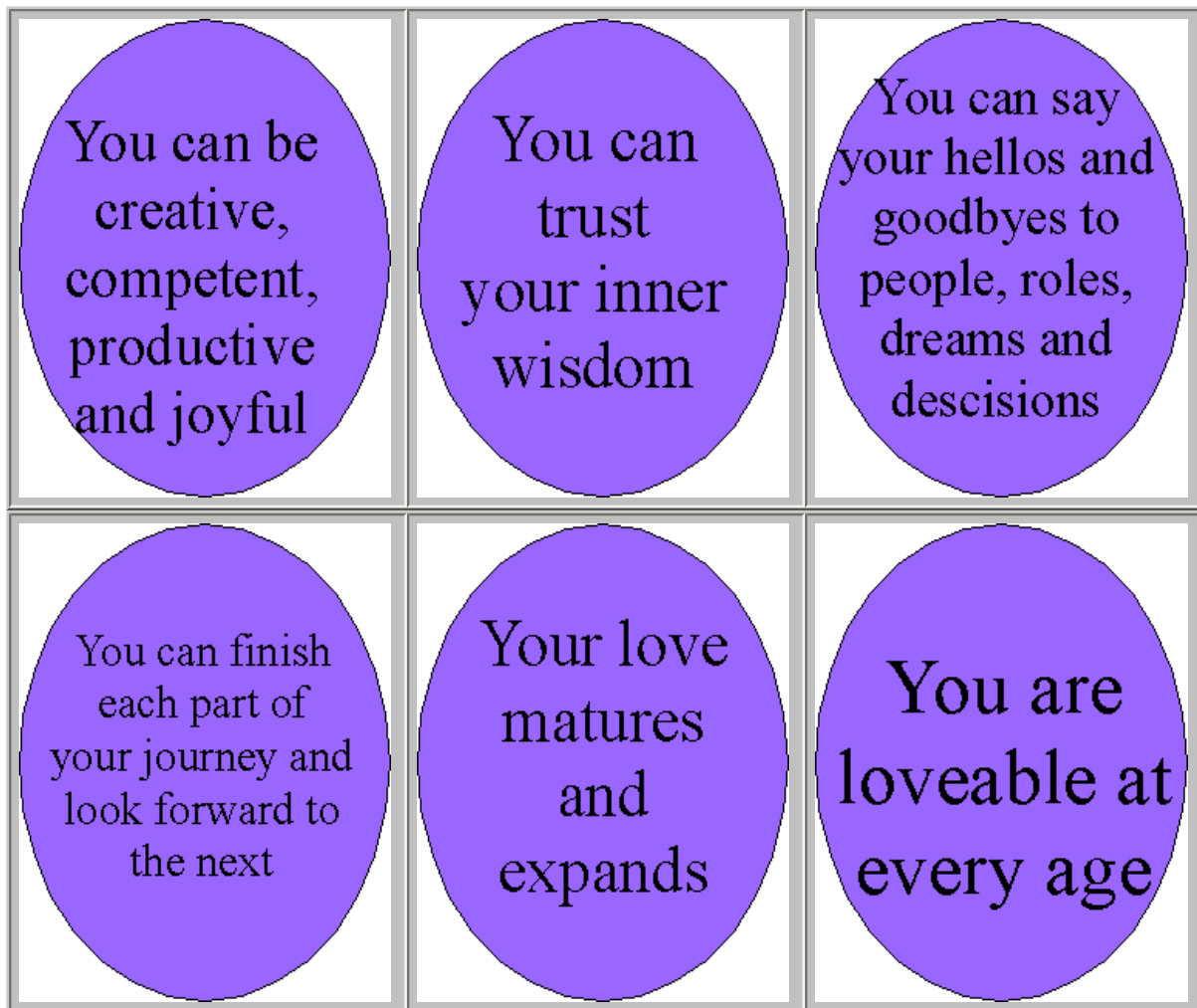
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Affirmations for Interdependence



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