

## Good Parent Messages

*The first messages are more 'yin' or mother messages:*

- I love you
- I want you
- You are special to me
- I see you and I hear you
- It's not what you do but who you are that I love
- I love you and I give you permission to be different from me
- I'll take care of you
- You can trust me
- You can trust your inner voice
- Sometimes I will tell you 'no' and that's because I love you
- You don't have to be afraid anymore
- My love will make you well
- I welcome and cherish your love

*These following 'out in the world' messages, are considered 'yang' or father messages:*

- I can set limits and I am willing to enforce them
- If you fall down, I will pick you up
- I am proud of you
- I have confidence in you. I am sure you will succeed.
- I give you permission to be the same as I, to be more, or to be less

- I give you permission to be who you are, no matter who that is
- You are beautiful/handsome
- I give you permission to love who you want and not lose me