

MY DECLARATION OF SELF-ESTEEM

I AM ME

IN ALL THE WORLD, THERE IS NO ONE ELSE EXACTLY LIKE
ME EVERYTHING THAT COMES OUT OF ME IS AUTHENTICALLY MINE
BECAUSE I ALONE CHOSE IT -- I OWN EVERYTHING ABOUT ME MY BODY, MY
FEELINGS, MY MOUTH, MY VOICE, ALL MY ACTIONS, WHETHER THEY BE TO
OTHERS OR TO MYSELF -- I OWN MY FANTASIES MY DREAMS, MY HOPES, MY FEARS --
I OWN ALL MY TRIUMPHS AND SUCCESSES, ALL MY FAILURES AND MISTAKES --
BECAUSE I OWN ALL OF ME, I CAN BECOME INTIMATELY ACQUAINTED WITH ME -- BY SO
DOING I CAN LOVE ME AND BE FRIENDLY WITH ME IN ALL BY PARTS -- I KNOW THERE ARE
ASPECTS ABOUT MYSELF THAT PUZZLE ME, AND OTHER ASPECTS THAT I DO NOT KNOW -- BUT
AS LONG AS I AM FRIENDLY AND LOVING TO MYSELF, I CAN COURAGEOUSLY AND HOPEFULLY
LOOK FOR SOLUTIONS TO THE PUZZLES AND FOR WAYS TO FIND OUT MORE ABOUT ME --
HOWEVER I LOOK AND SOUND, WHATEVER I SAY AND DO, AND WHATEVER I THINK AND FEEL
AT A GIVEN MOMENT IN TIME IS AUTHENTICALLY ME -- IF LATER SOME PARTS OF HOW I
LOOKED, SOUNDED, THOUGHT AND FELT TURN OUT TO BE UNFITTING, I CAN DISCARD THAT
WHICH IS UNFITTING, KEEP THE REST, AND INVENT SOMETHING NEW FOR THAT WHICH I
DISCARDED -- I CAN SEE, HEAR, FEEL, THINK, SAY AND DO -- I HAVE THE TOOLS TO
SURVIVE, TO BE CLOSE TO OTHERS, TO BE PRODUCTIVE, AND TO MAKE SENSE AND
ORDER OUT OF THE WORLD OF PEOPLE AND THINGS OUTSIDE OF ME
-- I OWN ME, AND THEREFORE I CAN ENGINEER ME --

I AM ME AND

I AM OK

By Virginia Satir



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.