My Declaration of Self-Esteem

I am me

All in 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 triumphs and successes, all my failures and mistakes because I own all of me I can become intimately acquainted with me – by so doing 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, and 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 okay

Virgina Satir
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