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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  
SUCCESSSES, 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 MY PARTS - I KNOW  
THERE ARE ASPECTS OF MYSELF THAT PUZZLE ME, AND OTHER  
ASPECTS 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 TURNED 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 PRO-  
DUCTIVE 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

*Virginia Satir*

1975 from "SELF-ESTEEM"