



DR. NADINE MACALUSO
licensed marriage & family therapist

Reparenting Affirmations

- I am so glad you were born.
- You are a good person.
- I love who you are and am doing my best to always be on your side.
- You can come to me whenever you're feeling hurt or bad.
- You do not have to be perfect to get my love and protection.
- All of your feelings are okay with me.
- I am always glad to see you.
- It is okay for you to be angry and I won't let you hurt yourself or others when you are.
- You can make mistakes – they are your teachers.
- You can know what you need and ask for help.
- You can have your own preferences and tastes.
- You are a delight to my eyes.
- You can choose your own values.
- You can pick your own friends, and you don't have to like everyone.
- You can sometimes feel confused and ambivalent, and not know all the answers.
- I am very proud of you.

