

# As I Grow...

Please understand that I am growing up and changing very fast. It must be difficult to keep pace with me, but please try.

Please reward me for telling the truth. Then I am not frightened into lying.

Please tell me when you make mistakes and what you learned from them. Then I can accept that I am okay, even when I blunder.

Please pay attention to me and spend time with me. Then I can believe that I am important and worthwhile.

Please help me explore my unique interests, talents and potential. In order for me to be happy, I need to be me.

Please do the things you want me to do. Then I have a good, positive model.

Please tell me by your words and actions that you love me. Then I will feel lovable and will be able to love myself and others.