

I am me

In all the world, there is no one else exactly like me
Everything that comes out of me is authentically me
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 my 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 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

by Virginia Satir