

MARCIA PROCTOR HYPNOTHERAPY

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MY DECLARATION OF SELF

BY VIRGINIA SATIR

I AM ME

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 successes, all my failures and mistakes. Because I own all of

me, I can become intimately acquainted with me. 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 the solutions to the puzzles and for ways to find

out more about me. -- However I look and sound, whatever I say or 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.