

## 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