

## *The Good Mother Messages*

1. *I want you.*
2. *I love you.*
3. *I'll take care of you.*
4. *You can trust me.*
5. *I'll be there for you; I'll be there even when you die.*
6. *It is not what you do but who you are that I love.*
7. *You are special to me.*
8. *I love you, and I give you permission to be different from me.*
9. *Sometimes I will tell you "no" and that's because I love you.*
10. *My love will make you well.*
11. *I see you and I hear you.*
12. *You can trust your inner voice.*
13. *You don't have to be afraid anymore.*