

I am me

by Virginia Satir (1916 - 1988)



I am me.

In all the world, there is no one exactly like me.
There are persons who have some parts like me,
But no one adds up exactly like me.

Therefore, everything that comes out of me
is authentically mine, because I alone choose it.

I own everything about me

My body, including everything it does;
My mind, including all its thoughts and ideas;
My eyes, including the images of all they behold;
My feelings, whatever they may be...

Anger, joy, frustration, love, disappointment, excitement

My mouth and all the words that come out of it -
Polite, sweet or rough, correct or incorrect;
My voice, loud or soft.

And 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 -
and all my failures and mistakes.

Because I own all of me

I can become intimately acquainted with me.

By doing so, I can love me and be friendly with me in all parts.
I can then make it possible for all of me to work in my best interests.

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 me.

This is authentic and represents where I am in that moment in time.
When I review later how I looked and sounded, what I said and did, and
how I thought and felt, some parts may turn out to be unfi tting.
I can discard that which is unfi tting, and keep that which proved fi tting,
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

*Virginia came to write this poem when she was working with an angry fifteen-year-old girl
who had a lot of questions about herself and what life meant.*