

My Promise To You



I promise trust you enough to tell you the truth.



I promise to treat you lovingly, gently and with respect in my thoughts, my words and my actions.



I promise to remember that being connected to LOVE and being friends with you are the most important things to me.



I promise to always hold Love in my heart and reconnect to that Love if you or I am not feeling loving.



I promise to be open and gentle as we each talk about our painful feelings and join in healing them.



I promise to listen, speak, co-operate and be responsible for my realities.



I promise to choose to get along with you and create a loving friendship.



I will keep my promises to you!

PLEASE LIVE, SHARE, TEACH AND SUPPORT THIS WORK FREELY.

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From the book Healing Children - Loving Children by Julie Haverstick

Based on My Commitment, dr. michael ryce TM1986, 1994, 1998, 1999, 2007, 2013, 2017

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