**Playbook to Inject the Healthy Undercurrent of Forgiveness**

*****Unmet Primal Need Seed*

**TRUTH - Daily Words of Affirmation**

**Who:**

* Mom & Kathy

**What:**

* Mom will speak the TRUTH-Daily Words of Affirmation aloud to Kathy

**When:**

* Daily before Kathy goes to school
* Each non-school day in the morning

**Where:**

* At home before Kathy or mom leave the house

**How:**

* Mom will say the TRUTH-Daily Words of Affirmation out loud over Kathy each day
* Kathy will listen quietly as mom speaks the TRUTH-Daily Words of Affirmation
* Mom will give Kathy a hug after she speaks the Truth-Daily Words of Affirmation to Kathy

TRUTH – Daily Words of Affirmation

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| I am Forgiven  I Forgive others  I am valuable  I accept myself exactly as I am  I see and value my uniqueness  I will always do my best  I have learned from my past |