* When I hear “no” I think you hate me or want to deny me things I need.
* When you say “no” I think it is because you don’t care about or are angry, because…
* …discipline was often done by adults to scare or hurt me.
* “I think discipline is something that just happens to bad kids….”
* “…I don’t understand that discipline is to teach and help me”.
* “Anything that sounds like discipline might activate my stress response system”.
* Behavioral limits are an indictment of my self worth.
* I often confuse my “wants” with “needs” because I have had to take care of myself for so long.