



MindComets

Sayings from childhood that promote codependency or internal conflict

(for awareness and conscious integration)

1. I love you unconditionally, but you really hurt me when you don't listen.
2. No matter what you do, I'll always love you—but I don't understand why you can't just make me happy.
3. I love you unconditionally, but you're making it very hard right now.
4. Even when you mess up, I'll always be here for you—unlike everyone else.
5. I love you more than anyone ever could—but you need to show me more respect.
6. Whatever you do, I'll still love you—but I wish you would try harder for me.
7. I've always loved you unconditionally, so you owe me your loyalty.
8. I love you no matter what, but you're so disappointing sometimes.
9. You can always count on my unconditional love—even if you don't deserve it.
10. My love for you is unconditional, so why can't you do this one thing for me?
11. I always forgive you, because my love is stronger than your mistakes.
12. I love you unconditionally, but you make it so difficult.
13. I love you, but you need to realize how much I've sacrificed for you.
14. No one will ever love you as much as I do.
15. I'm the only one who will ever love you like this.
16. I love you no matter what, but you never appreciate it.
17. Remember, my love is the only thing you can count on.
18. I've always been there for you, so don't let me down.
19. I love you unconditionally, so you shouldn't question me.
20. I love you, but you'd be nothing without me.

Here's a list of phrases and sayings that, particularly when used frequently or in manipulative contexts, can contribute to **codependency** or create significant **internal conflict** in a child or individual. These often blur boundaries, instill guilt, foster over-responsibility for others' feelings, or undermine independent thought and feeling:

1. You need me.
2. What would I do without you?
3. You're the only one I can count on.
4. You make me happy (or unhappy).
5. Don't leave me.
6. You're responsible for how I feel.
7. If you loved me, you would...
8. My happiness depends on you.
9. Don't worry about yourself, worry about me.
10. You always put yourself first.
11. It's your fault that I'm... [sad, angry, etc.]
12. You complete me.
13. We're a team; you can't do that without me.
14. Don't keep secrets from me.
15. You should always agree with me.
16. You're my rock.
17. Don't ever change.
18. I can't handle it if you're not okay.
19. Your feelings are my feelings.
20. Don't upset me.
21. You're my whole world.
22. You need to fix this for me.
23. Don't have your own opinion.
24. You can't trust anyone but me.
25. You're too sensitive; you need to protect me from your feelings.
26. Don't make waves.
27. Just go along with it.
28. Your problems aren't as important as mine.
29. I know what's best for you.
30. Don't think for yourself.
31. You're a part of me.
32. Don't grow up too fast.
33. You're too independent.
34. You're hurting me by doing that.
35. You're making me sick.
36. Don't make me look bad.
37. You owe me.
38. Your choices affect me too much.
39. Don't have your own life.
40. You shouldn't need anyone else.

Wishing for others – for a higher power

(wonder about the blanks)

* I wish for _____ to connect deeply with their soul's purpose and to walk their divine path with clarity and grace.

* I wish for _____ to receive divine guidance and wisdom from their higher self and the cosmic realms.

* I wish for _____ to experience a profound sense of spiritual connection and to feel the presence of the divine in their life.

* I wish for _____ to release karmic patterns and limitations that no longer serve their highest good, allowing their soul's light to shine brightly.

* I wish for _____ to access their spiritual gifts and talents and to use them for the highest good of all.

A gentle story to find **power** *within*

Let your imagination open as you fill in the blanks—there are no wrong answers,

Gently focus inwards and take a slow, deep breath. Imagine that as you breathe in, you're inhaling stardust—tiny sparkles of _____, _____, and _____. Maybe you sense a little tingle, or maybe you feel _____ as the starlight drifts through you.

Just above your head, the star chakra glows. If it had a color, it would be _____. If it had a sound, it might be _____. If you could reach up and touch it, it would feel like _____.

Let yourself float upward, toward this star. On the way, you might notice a memory of _____, or the scent of _____, or a feeling of _____. Let these sensations swirl around you, like a magical cloud.

In this dreamy space, your inner child appears. Maybe they're wearing _____, or holding _____, or maybe they have a big, goofy grin. What are they doing? _____

Your inner child looks up at the star, eyes shining with _____. They turn to you and say, "Let's _____!" Maybe you laugh, or maybe you feel a warm glow in your chest.

As the star's light flows down, it brings a gift: a memory of _____, the courage to _____, or a sudden urge to _____. Notice what happens as you accept this gift.

Your inner child invites you to play. You might skip, jump, or even _____ together. Or maybe you just sit and share your favorite _____.

Take a moment to ask your inner child:

- "What do you wish for?" The answer is _____.

- "What makes you happiest?" The answer is _____.

- "What makes you feel safe?" The answer is _____.

- "What silly thing do you want to do right now?" The answer is _____.

Let the starlight swirl around both of you, filling you with _____, _____, and a little bit of _____. If you could give your inner child a superpower, it would be _____.

Thank your inner child for sharing this adventure. Maybe they give you a hug, a high five, or _____. Maybe they whisper a secret: "Always remember _____."

As you prepare to return, gather up all the starlight, all the laughter, all the _____ you've found. Tuck them somewhere safe inside you, where you can visit anytime you need.

When you're ready, open your eyes—and notice if the world looks a little more _____, a little more _____, or just a little more magical.

