

YOU are completely OK, CAPABLE LOVABLE, AND TOTALLY WORTHWHILE...

... NO MATTER WHAT YOU DO.
... NO MATTER WHAT YOU SAY.
... NO MATTER WHAT YOU THINK.
... NO MATTER WHAT YOU FEEL.
... NO MATTER WHO YOU'RE WITH.
... NO MATTER WHAT YOU LOOK LIKE.
... NO MATTER WHAT YOU SMELL LIKE.
... NO MATTER WHAT OTHER PEOPLE
FEEL, THINK, SAY, OR DO ABOUT YOU.

... IF YOU DO OR DON'T HAVE A RELATIONSHIP.
... IF YOU DO OR DON'T HAVE AN INSURANCE POLICY.
... IF YOU DO OR DON'T HAVE SHINY FLOORS.
... IF YOU DO OR DON'T HAVE LOTS OF MONEY.
... IF YOU DO OR DON'T EAT JUNK FOOD.
... IF YOU DO OR DON'T KNOW WHO U2 & STING ARE.
... IF YOU DO OR DON'T KNOW WHO RUDY VALEE IS.
... IF YOU DO OR DON'T HAVE A NEW CAR.
... IF YOU DO OR DON'T HAVE A JOB.

... WHETHER OR NOT YOU'RE RIGHT ABOUT ANYTHING.
... WHETHER OR NOT YOU GOT LAID LAST NIGHT.
... WHETHER OR NOT YOUR RELATIONSHIP'S WORKING.
... WHETHER OR NOT YOUR LAUNDRY IS BRIGHT.
... WHETHER OR NOT YOUR DEODORANT DRIES QUICKLY.
... WHETHER OR NOT YOU ARE WELL INFORMED.
... WHETHER OR NOT YOUR TEETH ARE SHINY.
... WHETHER OR NOT YOU HAVE CAVITIES.
... WHETHER OR NOT YOU HAVE TEETH.

... EVEN IF YOU'RE ALONE.
... EVEN IF YOU DIDN'T MARRY THE PRINCE (OR PRINCESS)
... EVEN IF OTHER PEOPLE HAVE MORE THAN YOU DO.
... EVEN IF OTHER PEOPLE HAVE LESS THAN YOU DO.
... EVEN IF YOU DON'T HAVE MUCH EDUCATION.
... EVEN IF YOUR CLOTHES AREN'T THE LATEST
... EVEN IF YOU'RE NOT YOUR IDEAL WEIGHT.

get it? you

are completely OK, CAPABLE,
LOVABLE, AND TOTALLY WORTHWHILE!

AMEN.