

## **Children Learn What They Live (2005)**

**(Original Poem by Dorothy Law Nolte, Ph.D.)**

by Duen Hsi Yen

If a child lives with criticism, he learns to feel discouraged  
If a child lives with hostility, he learns to feel angry  
If a child lives with violence, he learns to feel afraid  
If a child lives with dishonesty, he learns to feel suspicious  
If a child lives with judgement, he learns to feel guilty  
If a child lives with ridicule, he learns to feel ashamed  
If a child lives with disorder, he learns to feel confused  
If a child lives with disappointment, he learns to feel helpless  
If a child lives with silence, he learns to feel lonely

**BUT**

If a child lives with protection, he learns to feel safe  
If a child lives with honesty, he learns to feel trustful  
If a child lives with peace, he learns to feel calm  
If a child lives with sharing, he learns to feel thankful  
If a child lives with understanding, he learns to feel  
encouraged  
If a child lives with laughter, he learns to feel happy  
If a child lives with creativity, he learns to feel inspired  
If a child lives with choice, he learns to feel free  
If a child lives with community, he learns to feel supported  
If a child lives with accomplishment, he learns to feel  
confident  
If a child lives with meaning, he learns to feel fulfilled  
If a child lives with love, he learns to feel tender

**WITH WHAT IS YOUR CHILD LIVING?**