

# PERMISSION SLIP

I, \_\_\_\_\_ (NAME), DO SOLEMNLY (OR LAUGHINGLY) GIVE MYSELF PERMISSION TO ACT WITH COMPLETE SELF-LOVE IN THE MATTER OF \_\_\_\_\_ (STRUGGLE). WITH MY SIGNATURE, I GRANT MYSELF THE FOLLOWING RIGHTS:

1. THE RIGHT TO RECOGNIZE MY OWN COURAGE.
2. THE RIGHT TO LOWER MY EXPECTATIONS.
3. THE RIGHT TO QUIT THE CYCLE OF DESPAIR.
4. THE RIGHT TO BE PRESENT WITH MY THOUGHTS AND FEELINGS ABOUT \_\_\_\_\_ (STRUGGLE).

I ALSO GIVE MYSELF PERMISSION TO DO ALL OF THE ABOVE WITHOUT JUDGMENT.

\_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE