Give Yourself Permission…

To sleep whenever you are sleepy;

To reject activities that are displeasing and engage in activity that is pleasing;

To respond to the slightest tension in your body;

To feel good in family situations rather than to maintain the upper hand;

To be absolutely comfortable in love;

To forgive yourself and others;

To walk in God’s grace;

To honor your needs as they arise without guilt or shame;

To say no when you need to;

To create and honor personal boundaries when needed;

To feed your body healthy foods and to move in ways you enjoy.

*Inspired by: The Brilliant Function of Pain, By Milton Ward*