PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

DROP THE FAKE SMILE

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

HAVE A BAD DAY

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

TAKE A GUILT FREE NAP

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

TAKE UP SPACE WITHOUT APOLOGIZING

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

KEEP A SECRET

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

TAKE A DIFFERENT LIFE ROUTE THAN WHAT IS EXPECTED OF YOU

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

NOT WORRY ABOUT DISAPPOINTING OTHERS BY BEING YOURSELF

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

LEAVE THE FAMILY GET TOGETHER EARLY

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

SKIP THE FAMILY GET TOGETHER

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

STEP OUT AND TAKE A FIVE MINUTE BREAK

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

TAKE A BATHROOM BREAK BUT REALLY USE IT TO GET A FEW MINUTES OF PEACE

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

HEAL AT YOUR OWN PACE

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

TAKE A WIPE OR WASHCLOTH SHOWER INSTEAD

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

DRESS FOR COMFORT INSTEAD OF IMPRESSIONS

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

SAY "NO"

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

CANCEL THE EVENT TO PRIORITIZE YOUR WELLBEING

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

WASH THE DISHES TOMORROW

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

CALL SOMEONE OVER AND ASK FOR HELP CLEANING

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

BRING YOUR COPING TOOLS WITH YOU

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

STOP REACHING OUT (IF YOU ARE THE ONLY ONE HOLDING THE RELATIONSHIP TOGETHER)

Someone Who's Been There

PERMISSION SLIP

NAME:

HEAL WITHOUT HURRY BLOG

PERMISSION TO ...

LAUGH AS LOUD AS YOU WANT

Someone Who's Been There