

Your **Moving On** Permission Slip

There's evidence that a simple permission slip emboldens us to take brave new action. *Please use this one liberally! Make copies, share with friends and bask in the freedom from the shackles of your past and the burden of being right.*

I, (your name) _____ have permission to stop waiting for the apology (admission of guilt, acknowledgment of wrongdoing) from (name of wrongdoer) _____. I am giving myself permission to live my life the way I want, regardless of whether or not (she,he,they) _____ ever gets it.

Sure, I'd be delighted to receive an apology, or groveling, or reparations for what happened. It would be **amazing** to hear the words "You're right!"

But I can move on without it.

Time is one thing I can't make more of and I'm choosing to _____

_____.

The (incident or event) _____
made me feel (feelings, emotions) _____.
I can stop holding those emotions now and that means I'm making room to feel (maybe the opposite?) _____.

Sometimes the best things in my life have happened because something else "went wrong" in my life . **Maybe** I have (something good) _____
_____ in my life now because this happened.

Please be kind to yourself! This is a tool which is intended to help empower you. If it doesn't feel empowering- Don't Use It! #yougotthis #trustyourself