



## Blue Holiday Service Permission Slip

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In this season where everyone seems happy, I am not as happy as I'd like to be. The reason is:

How I really feel is:

I hereby grant myself permission to feel whatever I really feel and then release it. I acknowledge that this feeling may move through me several times, until I am finished with it. Until that time, I promise myself that I will love and nurture myself without judgment. When I can't do this, I will ask for help from a friend or from a Practitioner.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_