



PERMISSION TO BE



Do you remember the feeling as a kid when you got permission to do something, validation when you felt a certain way, or even had someone give you permission to let something go?

As adults, we may not allow ourselves these permissions. We may have higher expectations for ourselves, but sometimes we need to know it's ok to give ourselves permissions - it's not an excuse, it's compassion. We need to know it's ok to "be" the way we are or feel the way we feel.

What permissions do you feel are needed in your grief journey?

I GIVE MYSELF PERMISSION TO:

not clean out that closet.

I GIVE MYSELF PERMISSION TO:

grieve in the ways that feel right for me.

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