

Emotional Permission Slip

Purpose

Emotions don't need to be fixed to be valid.
This tool offers permission to feel—without urgency or pressure to move on.

Right Now Check-In

Pause for a moment.

Right now, the emotion that's most present is:

- ☐ Sadness
 - ☐ Anger
 - ☐ Anxiety
 - ☐ Frustration
 - ☐ Uncertainty
 - ☐ Something else: _____
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The Permission

Read or say quietly: **"I'm allowed to feel this."**

Notice what happens when you allow the feeling instead of pushing it away.

No Fixing Required

Choose what fits today:

- ☐ I don't need to explain this feeling
 - ☐ I don't need to move past it yet
 - ☐ I can let this feeling exist without solving it
 - ☐ I can carry this feeling and still keep going
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Carry-Forward Support

What helps you stay steady while this feeling is present?
(one small support is enough)

Reflection

Feeling isn't failing. Permission creates room to breathe. The bridge holds as you carry forward.