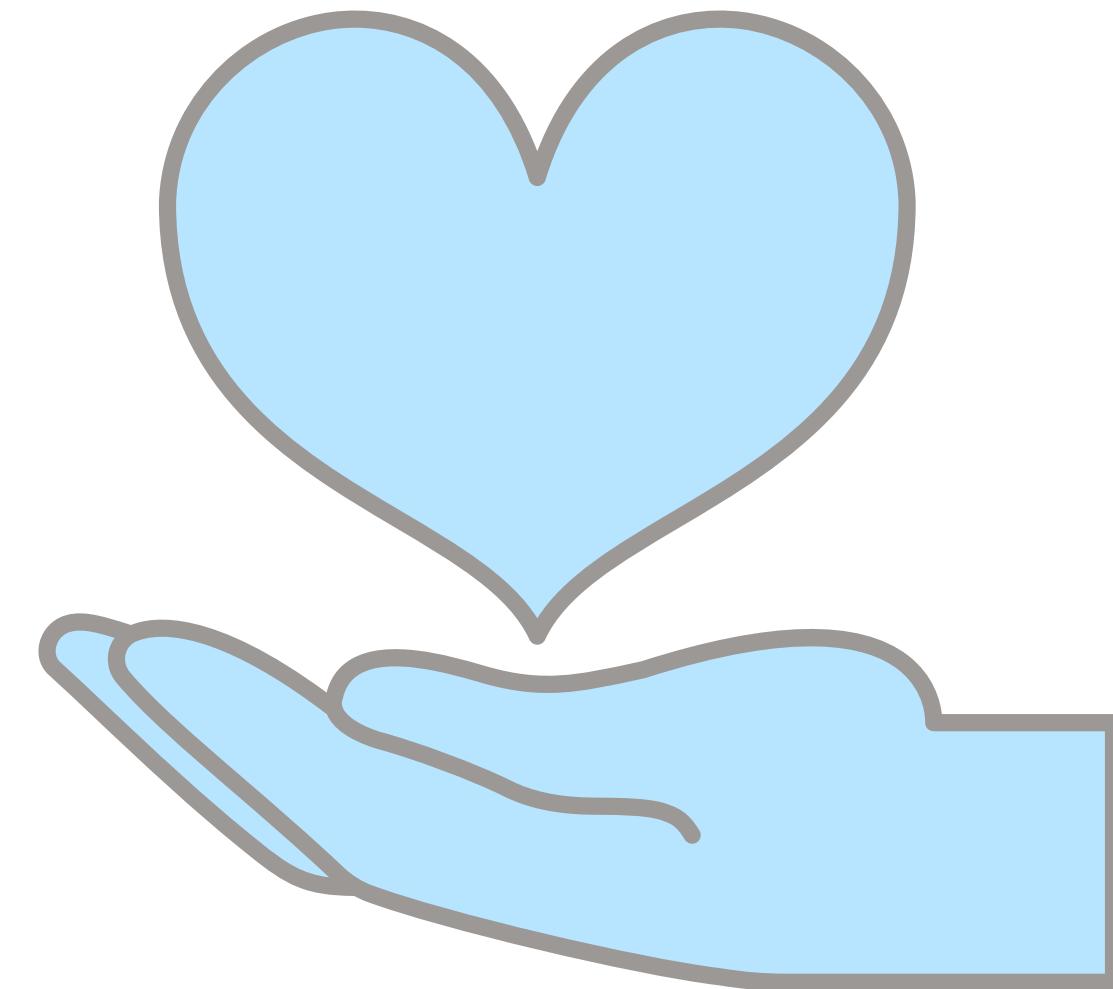


Permission Cards

A SUPPORTIVE TOOL
FOR BUILDING
SELF TRUST &
COMPASSIONATE
SELF CARE



YOUR STORY

Self-Permission



It's safe for me to take up space, even a little at a time.

I'm allowed to exist without performing.

I don't have to be understood by everyone to belong.

I can show up imperfectly and still be worthy of care.

I'm allowed to change my mind as I learn about myself.

Needs & Boundaries

My needs matter just as much as everyone else's.

It's okay to have needs, even if I used to hide them.

Asking for support is an act of strength, not a burden.

Saying “no” can keep me safe and sane.

When I honour my limits, I honour my wellbeing.

Identity & Self-Trust

I don't have to apologise for who I am.

I am learning to trust my own inner voice again.

I can be curious about who I am.

My real self is not too much.

I am worthy of authenticity, even if it feels unfamiliar.

Emotional Safety

Feeling is not failing.

I'm allowed to feel uncertain and still move forward.

I can offer myself the same patience I give to others.

My emotions don't make me weak; they make me human.

I can let my body choose the pace.

Nervous-System Soothers

My body is learning safety, step by step.

Right now, it's enough just to breathe and be present here.

I can come back to myself slowly whenever I choose.

Safety can start as a moment, not a lifestyle.

I can feel both protected and open at the same time.