



## PROMISES AND PERMISSIONS

- I. Promise to remember your triggers and immediately invoke your defense strategies when triggered.
- II. Give yourself permission to be really, really, really mad, angry, and/or enraged about being sexually abused and how it has affected your life.
- III. Promise to openly share your story to keep sexual abuse of children in everyone's face.
- IV. Give yourself permission to tell the truth, irrespective of who will be mad. The truth will assure your happiness.
- V. Promise to always do what is best for you at the time, even if other disagree.
- VI. Give yourself permission to take care of your physical & mental health. Love your body! Develop your mind!
- VII. Promise to give yourself permission to forgive yourself of ANYTHING and EVERYTHING you have done to survive. Your higher power forgave you long time ago.