



Gentle Permission Slips

When Emotional Support Feels Absent

For your quiet, private moments. No pressure. Just permission.

- It's okay if I feel disappointed when someone doesn't really hear me. My feelings are still valid.
- I don't have to keep giving emotional energy to relationships that consistently leave me empty.
- I'm allowed to step back from peer support that feels more draining than helpful.
- It's safe to choose silence or solitude when connection feels unsafe or mismatched.
- I give myself permission to start with self-compassion before I try to rebuild anything.
- My needs matter even if no one else is meeting them right now.
- I'm not "too much" or "too sensitive" for wanting to feel seen.
- It's okay to take as long as I need to trust again.
- I can honor my pace without apology.
- I am enough, even on days when no one else shows up for me.

You don't have to use all of them. You don't have to change anything today. Just let the ones that feel true breathe with you.

With gentleness,

Shruti

Guilt Free Mind