



You do not need fixing. If wanting more feels heavier than it should, if rest makes you uneasy, if success did not quiet the ache you thought it would, this is not a failure of discipline or faith. It is a sign.

For a long time, you have been responsible.

You learned how to carry weight without complaint. How to be capable. How to survive without asking for too much. Responsibility served you. Until it didn't.

Quietly, without ceremony, your desire was softened, exhaustion was normalized, and waiting was reframed as virtue. Not because you lacked courage, but because you were taught that wanting more required justification.

The Permission Slip is not about becoming someone new. It is about recognizing what has already been true.

You already know what you want. It is the vision you edit before speaking. The life you explain away before claiming. The truth you ask God about privately, without dramatics.

When is it my turn? Am I allowed to want this? Why does ease feel wrong? Why can I not rest without feeling guilty?

These are not disloyal questions. They are honest ones.

Somewhere, humility was confused with shrinking. Patience with postponing yourself. Goodness with endless accommodation.

Self-denial is not virtue. Suffering is not a requirement for worth.

This framework exists to name what was never wrong, only unspoken.

You do not actually need permission.

You never did.

But after years of restraint, explanation, and self-management, sometimes truth must be spoken clearly before it can be lived. So here it is.

You are allowed to want what you want. Not the acceptable version. The real one.

You are allowed to rest without earning it.

You are allowed to be seen without explaining yourself.

You are allowed to move without consensus.

You are allowed to begin before you feel ready.

You are allowed to take the seat without waiting to be invited.

You are allowed to receive, without apology.

This is not rebellion. It is recognition.

The Permission Slip is not something you receive from the outside. It is something you stop withholding from yourself.

You don't need fixing. You never did. What you needed was to hear this out loud. Now you have.

Dr. TMac