

# My Permission Page

*The one truth to carry from the very beginning.*

**Something I was told about my body that never quite fit:**

**What might be truer instead:**

*You are not broken. You are not dramatic. You are not too sensitive. Your symptoms make sense. You were simply never handed the full map, until now.*

**One kind thing I can tell myself on a hard day:**

## **NOTHING TO PERFORM HERE**

This page is yours. There is no grade, no test, only your own returning sense that the way your body works was never a personal failing.