

Where Are You Asking for Permission?

There are choices we delay because we are waiting for someone else to approve them.

To say the rest is deserved.

The boundary is reasonable.

The change makes sense.

The desire is allowed.

We may call it seeking advice.

Sometimes it is.

Sometimes we are hoping another person's certainty will protect us from the discomfort of choosing.

But no one else can make every honest choice painless.

Approval may be comforting.

It is not the same as knowing.



You can listen to wisdom without handing away your authority.

You can consider how your choice affects others and still remember that your life includes you.

Perhaps the permission you want will never arrive in the form you imagined.

The warm blessing.

The complete understanding.

The sentence that removes all guilt.

So perhaps today, ask:

“What would I know if no one were approving or objecting?”

You do not have to act immediately.

Just notice the answer that appears when the room becomes quiet.





Something to Sit With

What choice am I postponing while I wait for someone else to make it feel safe?

