





Ready to become Free and Clear?  
Get Unstuck and Live the Life You Want



## Sample Permission Slip

Here's how a completed permission slip could look, using the template:

I, Jennifer Smith, am granting myself official permission to  
your name  
get unstuck and build more satisfying romantic connections.  
your intended change

I will no longer be a Debbie Downer by expecting each potential  
type of stuck from chapter 2 characteristic behavior  
romantic partner to let me down in some way

This means that I will no longer engage in:

(1) expecting the worst to constantly happen, (2) pushing away people  
three to five actions or behaviors that epitomize your stuck  
I like after a couple of dates to avoid getting hurt, and (3) obsessively  
searching a prospective partner's social feeds for clues about character flaws.

What I claim instead is a happy, long-term romantic relationship.  
specific goal

I am bringing that to life by (1) assuming that things will work out when I'm  
actions you plan to take  
interested in someone, (2) practicing more open communication, (3) staying  
in the moment during dates and really enjoying the process of getting to know  
someone who interests me, and (4) being willing to be the first one to  
express how I feel and request dating exclusivity, if that is what I desire.

Jennifer Smith  
Your signature

Jul 7 18, 2022  
Activation date (day, month, year):