

Necessary Freedoms

We each need to feel free to:

- *Feel what we actually do feel rather than what we “should” feel*
- *Not need to defend, debate or explain our thoughts, feelings, and actions*
- *Be our own judge of our thoughts, feelings, and actions*
- *Change our minds*
- *Say no*
- *Follow our feelings*
- *Be “irrational”*
- *Follow our own conscience and be morally autonomous*
- *Make mistakes*
- *Say “I don’t know”*
- *Say “I am not responsible for you”*
- *Say “I am sorry”*
- *Accept help, a compliment, etc.*
- *Say “I forgive you”*
- *Say “I was wrong”*
- *Say “I feel bad you feel the way you do, but this is something I need to do for myself right now”*

What are your overall impressions after reading the "List of Necessary Freedoms"?

Which of the "freedoms" do you practice regularly in your own life?

Which of the "freedoms" would you like to implement in your life but find it difficult to do so? Why do you find it difficult?

Are there any "freedoms" you feel do not belong on the list? Why?

Are there any "freedoms" that you feel should be on the list that are not?

Choose one "freedom" that you would like to work on implementing more fully in your life. What effect do you think it would have in your life?