

THE FIVE FREEDOMS

**The Freedom to see and hear what is here,
Instead of what should be, was or will be.**

**The Freedom to say what you feel and think,
Instead of what you should.**

**The Freedom to feel what you feel,
Instead of what you ought.**

**The Freedom to ask for what you want,
Instead of always waiting for permission**

**The Freedom to take risks in your own behalf,
Instead of choosing to be only
“secure and not rocking the boat.”**

- Virginia Satir