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