

# DECLARATIONS

I am patient with myself as I go through this transition

I am compassionate toward myself about every emotion I feel during this transition

I surround myself with supportive people (I am learning to surround myself with supportive people)

I am strong enough to honor others at their own level of development regardless of whether they honor me at mine

I am patient with myself as I gain skills most people in my world never learned

I commit to deal with the existential dilemma of mortality in mature and rational ways

I claim full authority in my life

I am the one who places meaning on all things and that meaning is likely to change as my perspective expands

I release the church as being my source of \_\_\_\_\_ (you fill in the blank, ie: authority, creativity, validation, appreciation, community)