THE FIVE FREEDOMS

Virginia Satir

THE FIVE FREEDOMS

1. --To See and Hear--

what is here,
instead of what should be,
was, or will be

2. --To Say--

what one feels and thinks
instead of what one should

3. --To Feel--

what one feels,
instead of what one ought

4. --To Ask--

for what one wants,
instead of always waiting
for permission

5. --To Take Risks--

in one's own behalf,
instead of choosing to be
only 'secure'
and not rocking the boat