

# The Five Freedoms

Virginia Satir

To see and hear  
what is here,  
instead of what should be,  
was, or will be.



To say  
what I feel and think  
instead of what I should.

To feel  
what I feel  
instead of what I ought.



To ask  
for what I want  
instead of always waiting  
for permission.

To take risks  
on my behalf,  
instead of choosing  
to be safe  
and not rock the boat.

