

# I AM ALLOWED TO CRY.

I know that crying can be good for me. I give myself permission to let my tears fall.

Crying relieves my stress. ***My tears help to wash toxins and stress hormones out of my body.*** I feel cleansed and refreshed.

Crying shows me where I want to make changes in my life. I look for the reasons behind my anger and sadness. I work at becoming more assertive or dealing with rejection. I find more constructive ways to handle situations that disturb me.

Crying gives me an opportunity to see that I have others who care about me. ***My relationships grow stronger when I allow myself to be vulnerable and accept assistance from others.***

Crying reminds me to treat myself gently. My life is precious and my wellbeing is important. I accomplish more when I respect my limits and pay attention to my needs.

Once I find an appropriate time and place, I cry for as long as I need to. Then, I pick myself up and work on finding solutions. ***Instead of wallowing in my sorrows, I turn my tears into a healing force.***

Today, I allow myself to have a good cry if I feel like it. I regard my tears as my friends. When I accept my feelings, I can put them in perspective and move on.

**Self-Reflection Questions:**

1. How do I feel when I see someone cry in public?
2. Where are some safe spaces where I can cry in my daily life?
3. What is one thing I can do to comfort myself when I am sad?