

Permission Granted: A Guide for DID & Trauma Survivors

Introduction

Healing from DID or complex trauma often means living with invisible rules inside—rules like “I can’t rest,” “I shouldn’t feel this way,” or “I’m not allowed to say no.” These rules may have once helped you survive, but today they can leave you stuck in exhaustion, guilt, or inner conflict. Permission slips are a gentle way to soften those old rules. A permission slip is simply a short note you write to yourself that offers choice—whether that’s the choice to rest, to pause, to feel, or to take space. Over time, permission slips also remind you that you can change old rules that no longer help you. You don’t need to fully believe the words right away. Just writing them down begins to make new possibilities feel more real. (Hint: the more often you read your permission slip to yourself, the more it will slowly start to feel true.)

How to Use This Guide

- Read through the slips and circle the ones that resonate with you.
- Write one out on a sticky note or index card.
- Keep it somewhere visible or private.
- Try speaking it aloud gently.
- Repeat it often—the more you read your permission slip, the more it will slowly start to feel true.
- Remember: you don’t have to believe it right away for it to begin helping.

Everyday Permission Slips

Here are 25 everyday permission slips to get you started. Choose the ones that resonate, or use them as inspiration to create your own in the space provided.



Rest & Care

- It's okay to rest when I'm tired.
- I'm allowed to take breaks, even if things aren't "done."
- It's okay to ask for help.
- I give myself permission to eat when I'm hungry.
- It's okay to care for myself, even in small ways.



Feelings & Inner Experience

- It's okay to have feelings, even if they don't make sense.
- I give myself permission to feel nothing right now.
- It's okay to change how I feel about something.
- I'm allowed to grieve at my own pace.
- It's okay to celebrate joy without guilt.



Boundaries & Saying No

- I give myself permission to say no without explanation.
- It's okay to walk away from what feels unsafe.
- I'm allowed to change my mind.
- It's okay to not answer right away.
- I give myself permission to take space when I need it.

Everyday Permission Slips, Continued



Healing & Growth

- It's okay to go slowly.
- I give myself permission to not be “healed” yet.
- It's okay to learn through mistakes.
- I'm allowed to celebrate small progress.
- It's okay to stop when I feel overwhelmed.



Identity & Worth

- I give myself permission to exist as I am.
- It's okay to not be perfect.
- I'm allowed to like what I like.
- It's okay to take up space.
- I give myself permission to trust myself a little more each day.



Your Turn

The example permission slips may not meet all your needs. You are welcome to write your own in the space below.

System Permission Slips

Here are 25 permission slips for common system issues to get you started. Choose the ones that resonate, or use them as inspiration to create your own in the space provided.



System Dynamics & Chaos

- It's okay if not everyone agrees right now.
- I give myself permission to not solve every conflict immediately.
- It's okay to move forward even if parts of me are unsure.
- I'm allowed to listen without fixing.
- It's okay to pause when inner noise feels too loud.



Hostile / Conflicted Parts

- I give myself permission to not hate the parts that scare me.
- It's okay to be curious about a protector's anger without approving of their methods.
- I'm allowed to notice the fear underneath hostility.
- It's okay to set boundaries with my own parts kindly.
- I give myself permission to step back when internal conversations feel overwhelming.



Trust & Cooperation

- It's okay if trust takes time.
- I give myself permission to acknowledge another part's perspective without agreeing.
- It's okay to let parts show themselves slowly.

System Permission Slips, Continued



Trust & Cooperation, Continued

- I'm allowed to thank a part for trying to help, even if I don't like how they do it.
- It's okay to ask insiders to wait until I'm ready.



Reducing Pressure

- I give myself permission to not know who's fronting.
- It's okay to not have names for everyone.
- I'm allowed to accept that not all parts want to share yet.
- It's okay if communication feels messy.
- I give myself permission to move at the system's pace, not anyone else's.



Healing Orientation

- It's okay to want peace, even if we can't feel it yet.
- I give myself permission to imagine cooperation, even if it feels far away.
- It's okay to hold hope that parts can change roles over time.
- I'm allowed to believe the system can learn new ways.
- It's okay to start with one small act of kindness toward another part.

System Permission Slips, Continued



Your Turn

The example permission slips may not meet all your needs. You are welcome to write your own in the space below.

Optional Reflection Questions:

- Which permission slip feels safest to try first?
- Was there a permission slip that spoke to what you most need right now?
- How did it feel to see those words in writing?

Permission Slips

♥ How This Helps You Heal

- Restores choice. Trauma often left us with “you can’t” messages. Permission slips give those choices back to you.
- Softens inner conflict. By lowering pressure and expectations, they create more safety for your parts.
- Affirms worth. Each slip reminds you and your system that your needs, feelings, and limits are valid.
- Builds trust inside. Repeated use can show insiders they are heard, opening the door to cooperation.
- Supports pacing. They help you slow down without guilt, which is essential for sustainable healing.



Know that you do not need anyone's permission
to be your true self.

- Jonathan Lockwood Huie

You're Not Alone.

Healing isn't easy, and there are no shortcuts. But you've already made it through the hardest parts—and that strength is still with you. This resource was created to support you on your path. Take what helps. Leave what doesn't. Keep going.

◆ More Support Is Available

Looking for more tools, videos, or gentle guidance?



Explore free and premium resources:

www.communiDID.com/resources



Watch videos for DID systems:

www.YouTube.com/@CommuniDID



Get new tools each week—free in your inbox:

www.communiDID.com/subscribe

CommuniDID: Support for Dissociative Identity Disorder
that's gentle, grounded, and real.

Your voice matters.

If this resource was helpful, confusing, or brought something up for you — I'd love to know. I'm always working to make these tools more useful and more supportive. You can share feedback (even anonymously) here:

<https://www.communiDID/feedback>

☀️ This document is more heartfelt than fancy—made to support you, not impress anyone.

