



The Permission Slip Oracle



A DIGITAL AFFIRMATION DECK FOR THE DAYS
YOUR LOOKS ARE RUNNING THE SHOW

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AFFIRMATION ORACLE DECK
AMBER LANE

HOW TO USE THIS DECK

THIS IS NOT HOMEWORK. THIS IS NOT A SELF-IMPROVEMENT PROJECT. THIS IS A LITTLE PERMISSION SLIP FOR THE MOMENTS WHEN YOUR LOOKS ARE GETTING TOO LOUD.

USE IT BEFORE PHOTOS, BEFORE GETTING DRESSED, BEFORE GOING OUT, AFTER A MIRROR SPIRAL, AFTER SEEING A BAD PICTURE OF YOURSELF, OR ANYTIME YOU NEED TO COME BACK TO YOURSELF.

TO PULL A CARD:
TAKE A BREATH.

ASK YOURSELF WHAT YOU NEED TODAY. THEN CHOOSE A NUMBER AT RANDOM AND THEN SCROLL UNTIL YOU GET TO THAT PAGE.

OR START SCROLLING. DON'T OVERTHINK IT. STOP WHEN ONE CATCHES YOUR EYE, ANNOYS YOU, COMFORTS YOU, OR MAKES YOU FEEL A LITTLE CALLED OUT.

LET IT BE ENOUGH FOR RIGHT NOW.

HOW TO USE THIS DECK

LET THE CARD SPEAK TO THE QUESTION

SOME MEANINGS ARE STRAIGHTFORWARD.
SOME ARE MORE PERSONAL.

A CARD MIGHT POINT TO SOMETHING
LITERAL, EMOTIONAL, SYMBOLIC, OR
SITUATIONAL DEPENDING ON WHAT YOU
ASKED. DON'T FORCE IT TO MEAN THE SAME
THING EVERY TIME. LET IT FLIRT WITH THE
QUESTION A LITTLE.

THE RIGHT INTERPRETATION IS USUALLY THE
ONE THAT MAKES YOUR BODY GO,
"OH. DAMN. THERE IT IS."

GO FORTH AND TRUST WHAT RISES.



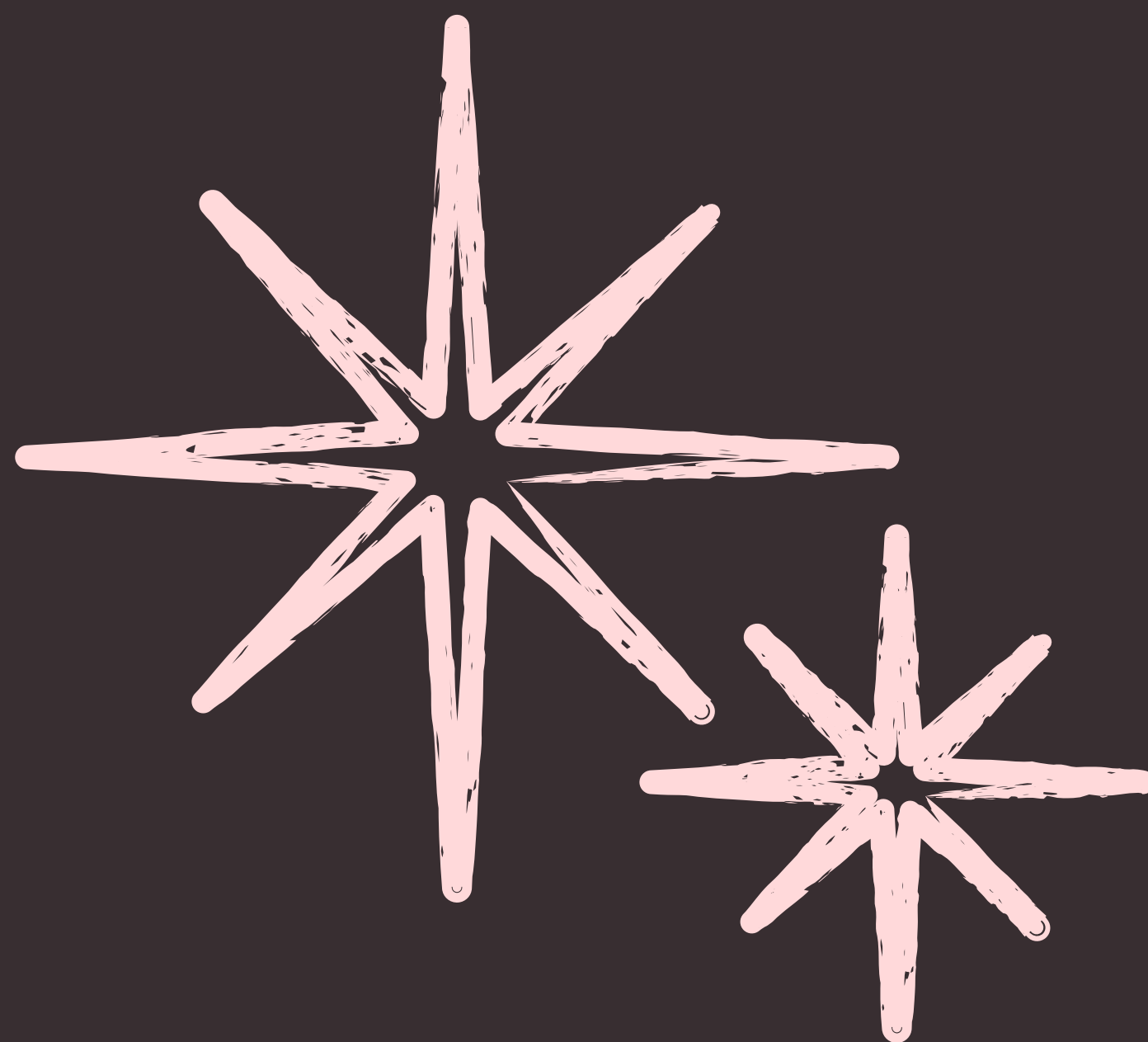
The Permission Slip

I GIVE MYSELF PERMISSION TO TAKE UP
SPACE, BE SEEN, AND ENJOY MY LIFE BEFORE
I FEEL READY.



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The Becoming

I GET PRETTIER AND HOTTER EVERY DAY. I
CAN'T WAIT FOR TOMORROW.



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The Full Allowance

IT IS OKAY FOR ME TO HAVE
EVERYTHING I WANT



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The Princess Treatment

I GET PRINCESS TREATMENT
FROM THE UNIVERSE



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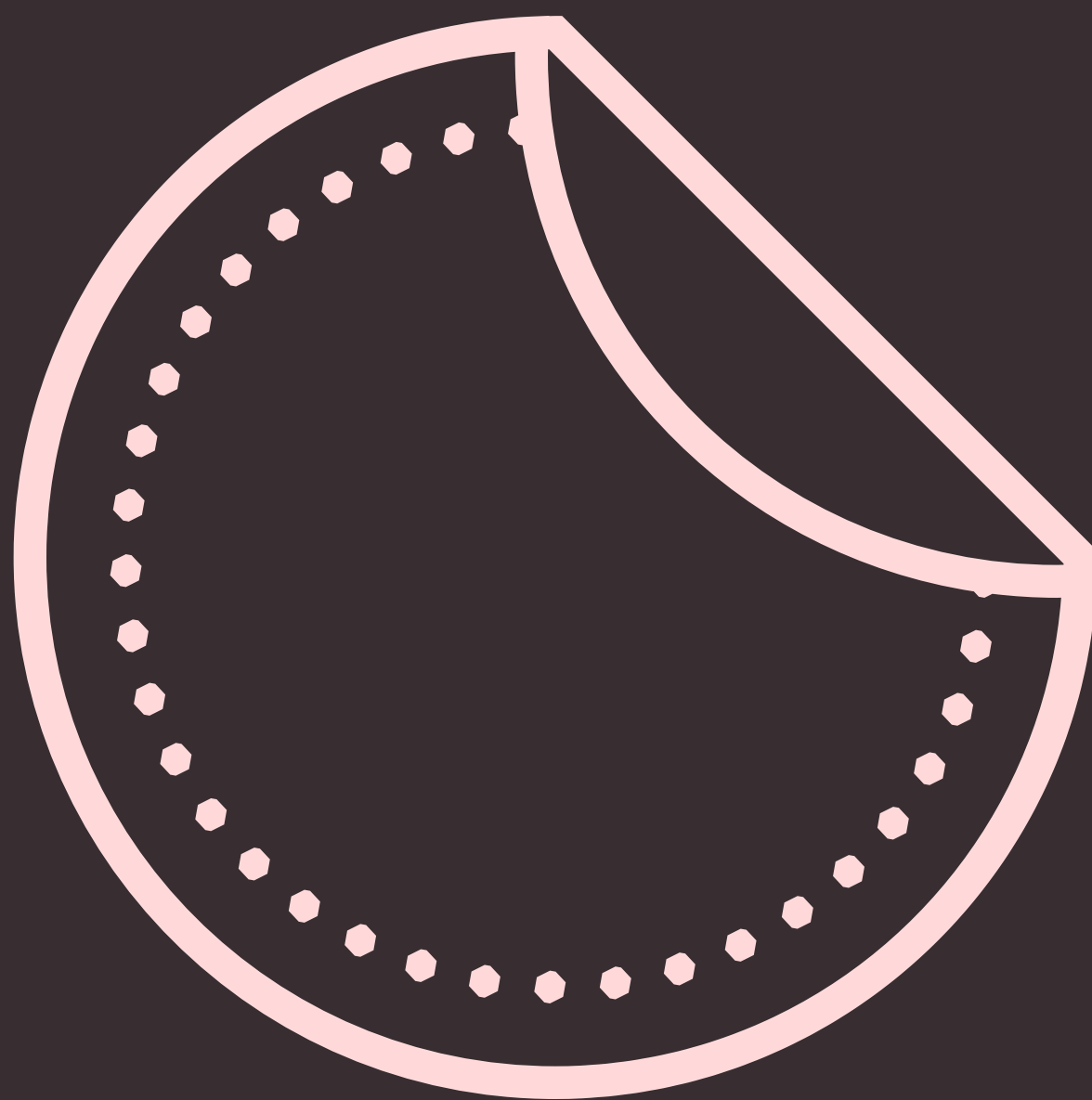
The Mirror

MY REFLECTION IS NOT A THREAT. IT IS JUST
ONE PLACE I GET TO MEET MYSELF.



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The Sticker

REMOVE THE "I WANT YOU TO LIKE ME"
STICKER FROM YOUR FOREHEAD AND PLACE
IT ON THE MIRROR, WHERE IT BELONGS.



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The Return

I'M BACK WHERE I STARTED, THIS TIME
HOTTER, WEIRDER, AND ALL ON PURPOSE.



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The Radical Act

THE MOST RADICAL ACT IN A SICK SOCIETY
IS TO HEAL YOURSELF.



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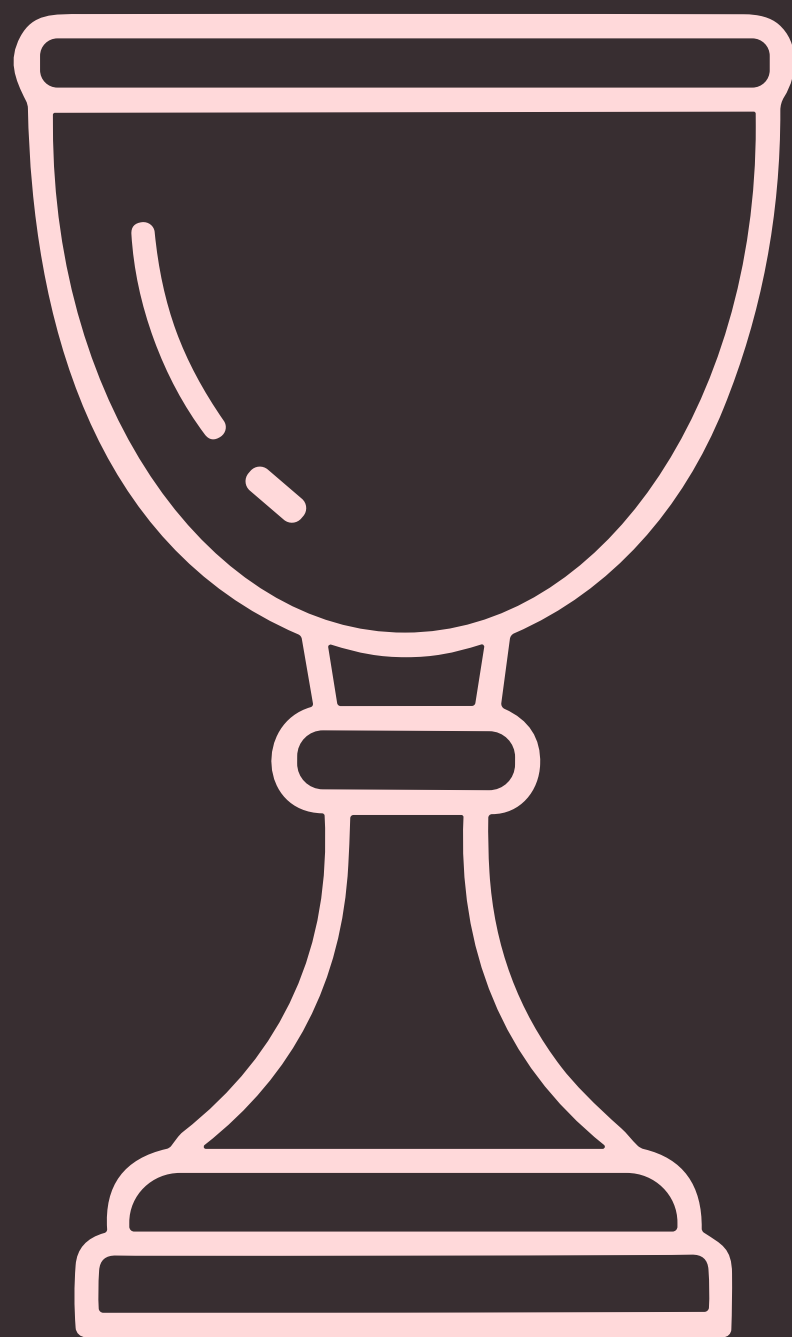
The Lucky Mouth

I AM SO LUCKY



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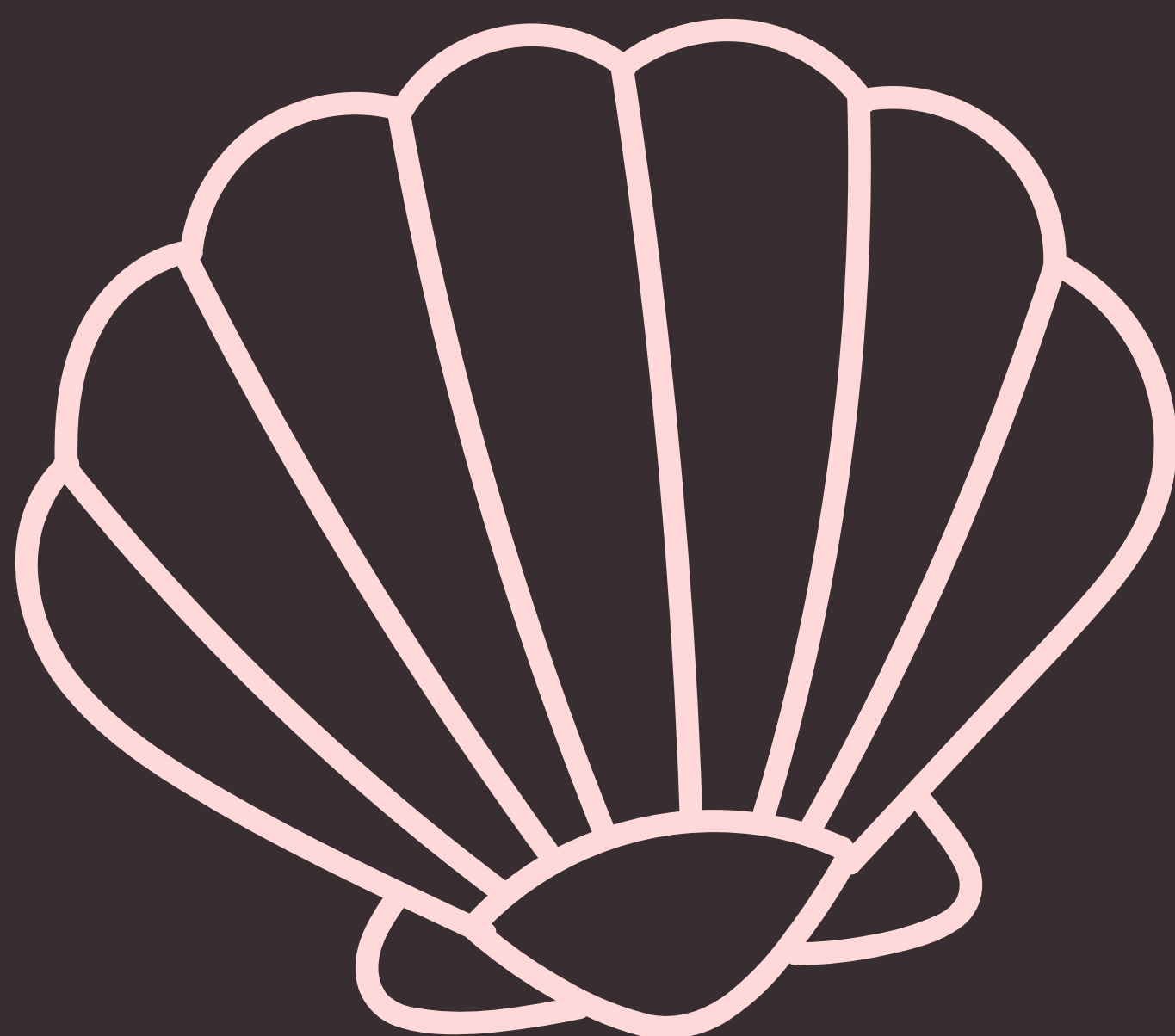
The Love Source

I KNOW LOVE EXISTS BECAUSE
I AM FULL OF IT



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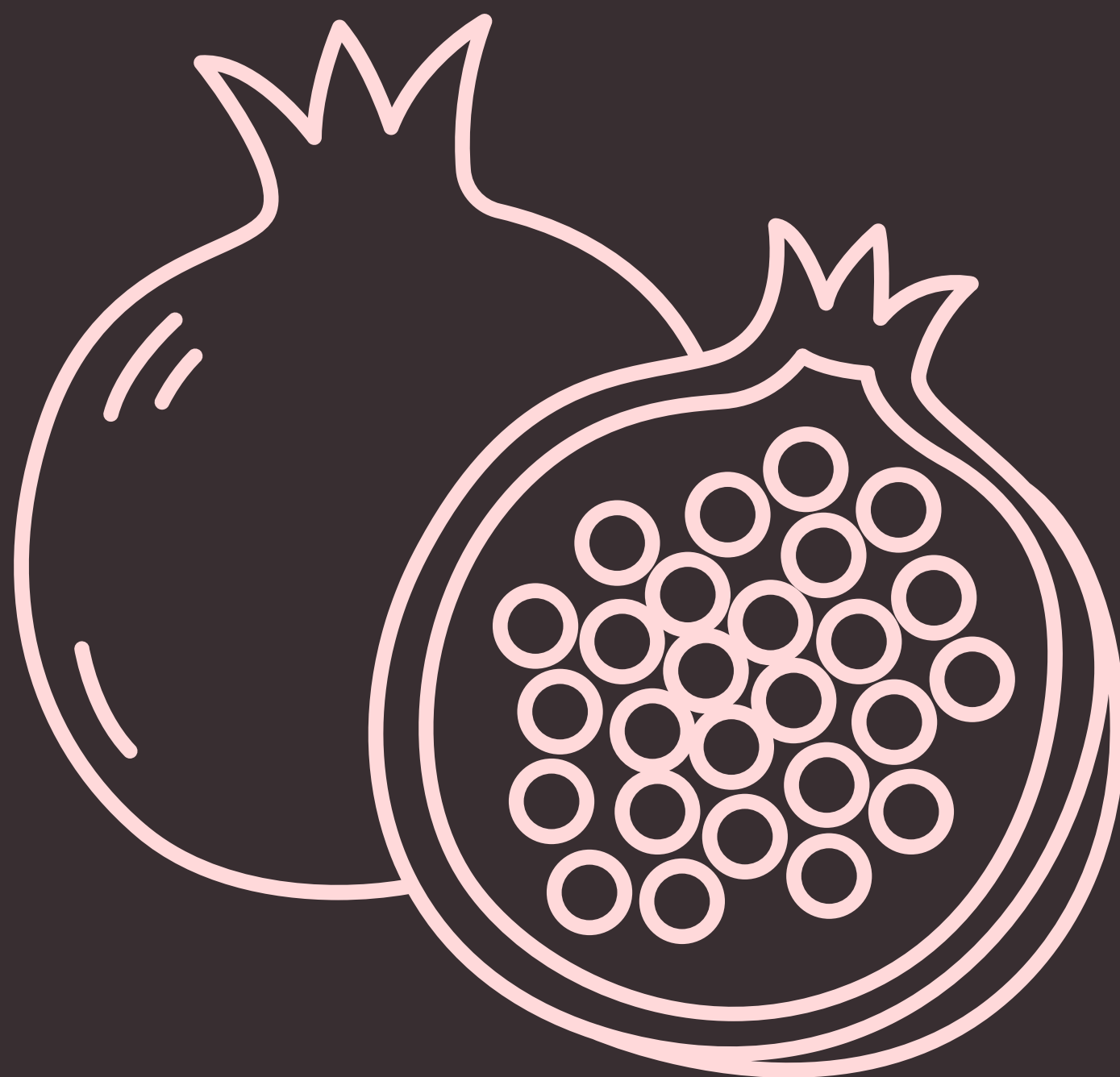
The Birthright

PLEASURE IS MY BIRTHRIGHT



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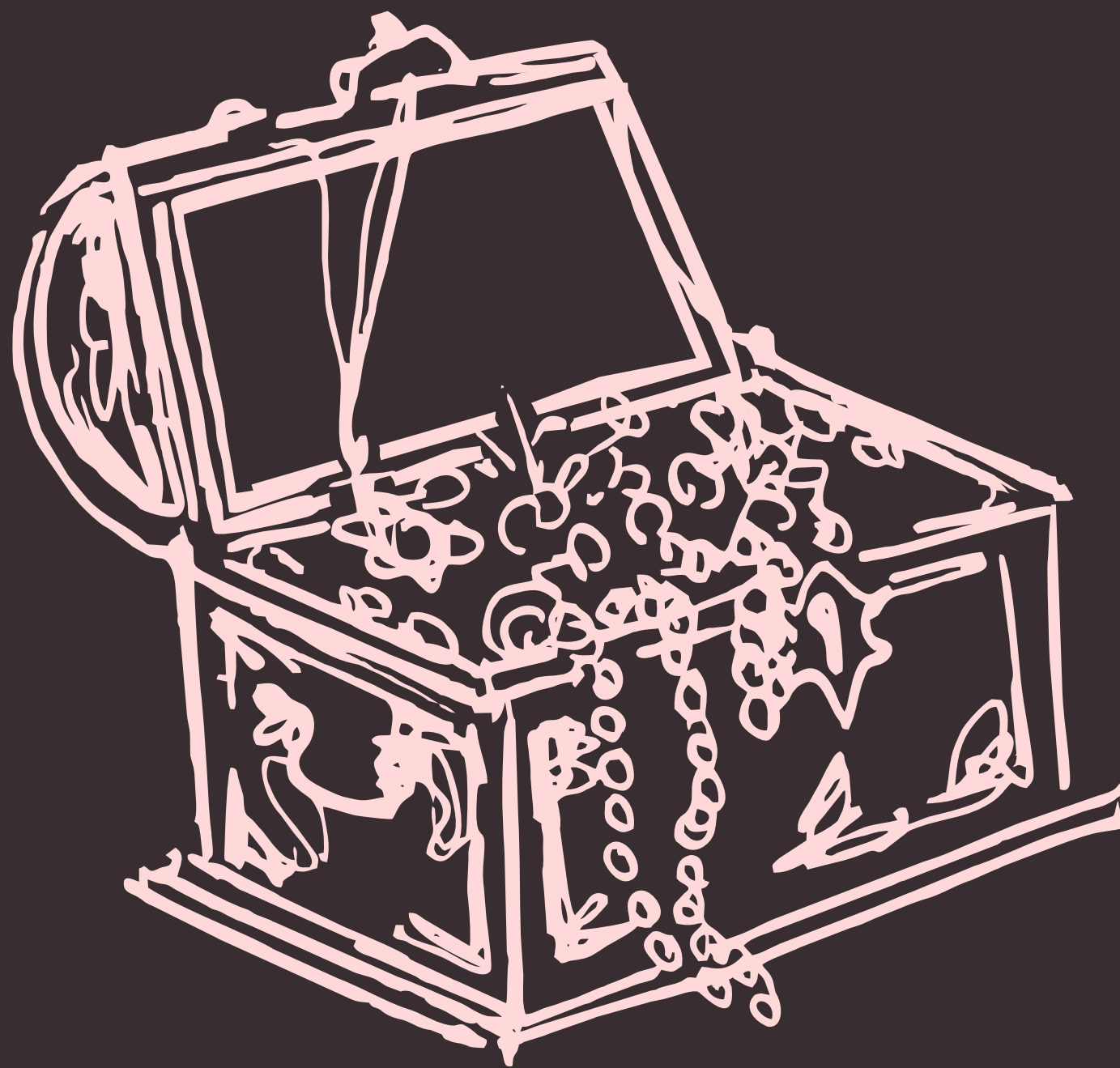
The Mess

I AM WORTH THE MESS I MAKE



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The Works

FUCK IT, I'M GONNA HAVE IT ALL



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The Body

MY BODY IS NOT THE ENEMY. MY BODY IS
WHERE MY LIFE HAPPENS



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The Softness

SOFTNESS IS NOT FAILURE. SOFTNESS IS
PART OF MY POWER.



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The Face

MY FACE DOES NOT NEED TO EARN
TENDERNESS.



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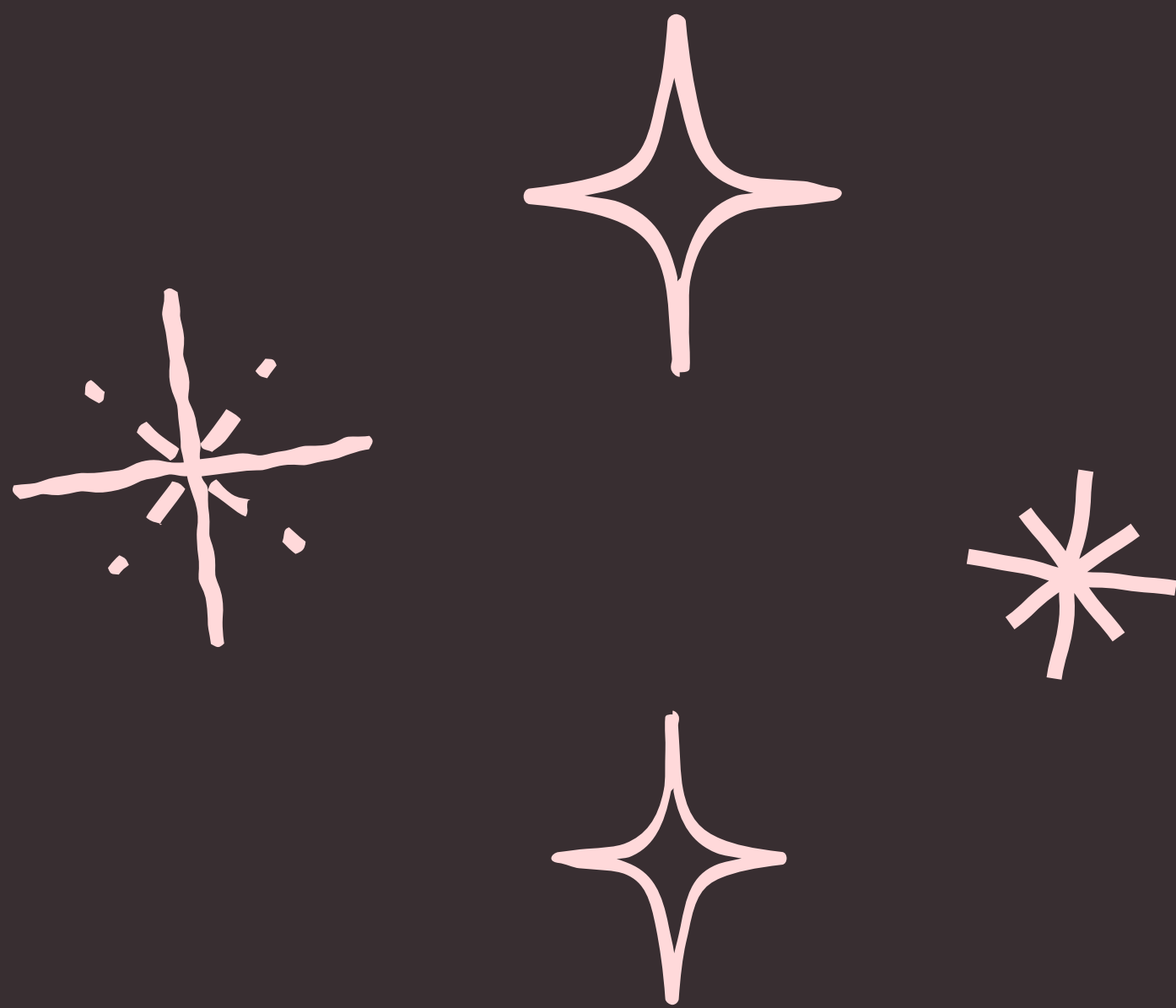
The Belly

I DO NOT HAVE TO FLATTEN MYSELF TO
DESERVE A GOOD LIFE



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The Skin

MY SKIN IS ALLOWED TO BE ALIVE,
IMPERFECT, TOUCHED, AND SEEN.



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The Gaze

I CAN LOOK AT MYSELF WITHOUT PICKING
MYSELF APART



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The Outfit

I CHOOSE CLOTHES THAT LET ME BREATHE,
MOVE, AND BELONG TO MYSELF.



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The Adornment

ADORNING MYSELF IS NOT FRIVOLOUS. IT IS
ONE OF THE WAYS I COME HOME.



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The Beauty

BEAUTY IS NOT A REWARD FOR BEING GOOD.
BEAUTY IS SOMETHING I GET TO PLAY WITH.



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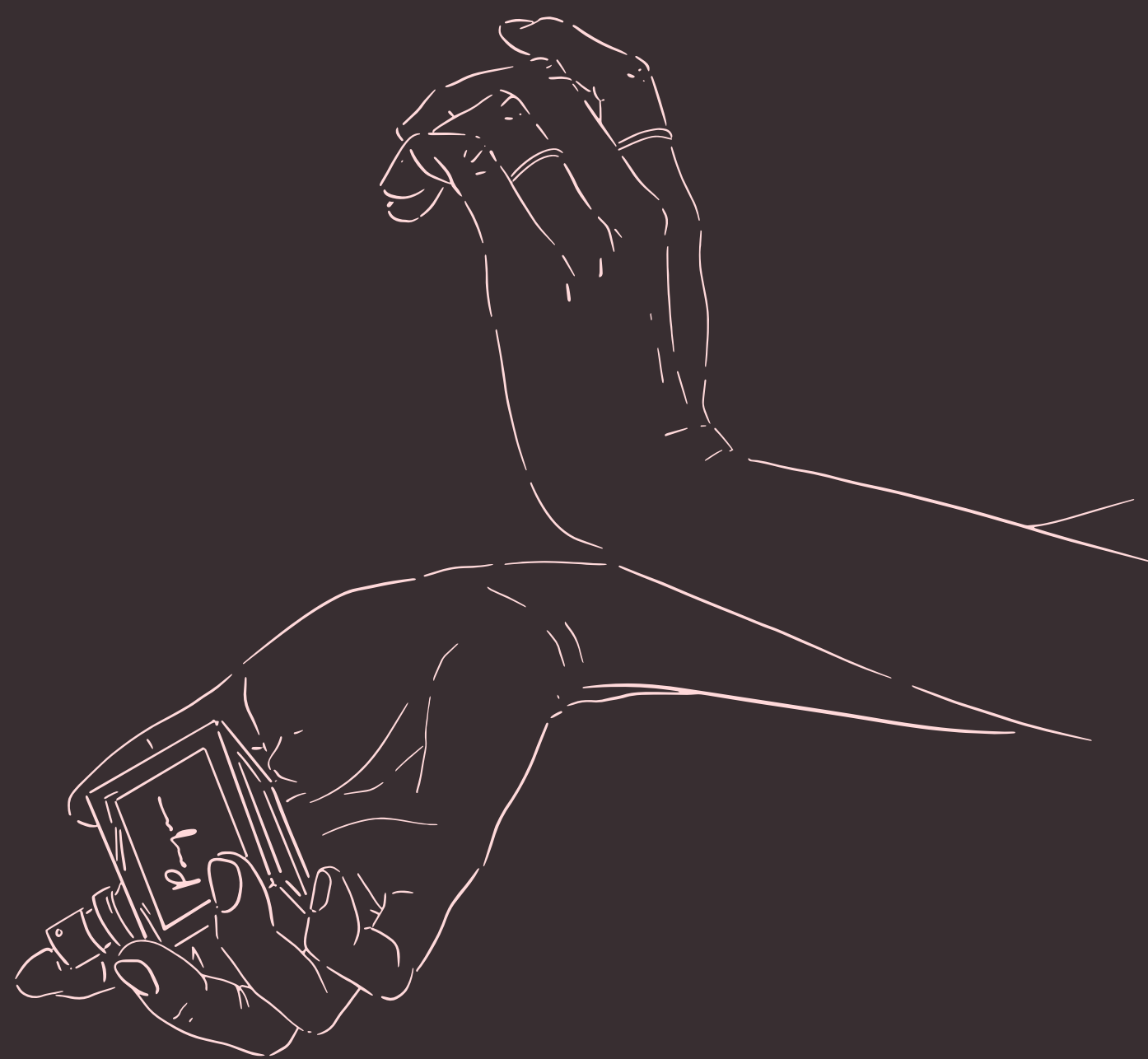
The Photo Body

I DO NOT DISAPPEAR BECAUSE A PHOTO
CAUGHT ME AT A WEIRD ANGLE



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The Desire to Feel Good

WANTING TO FEEL BEAUTIFUL DOES NOT
MAKE ME SHALLOW. IT MAKES ME HUMAN.



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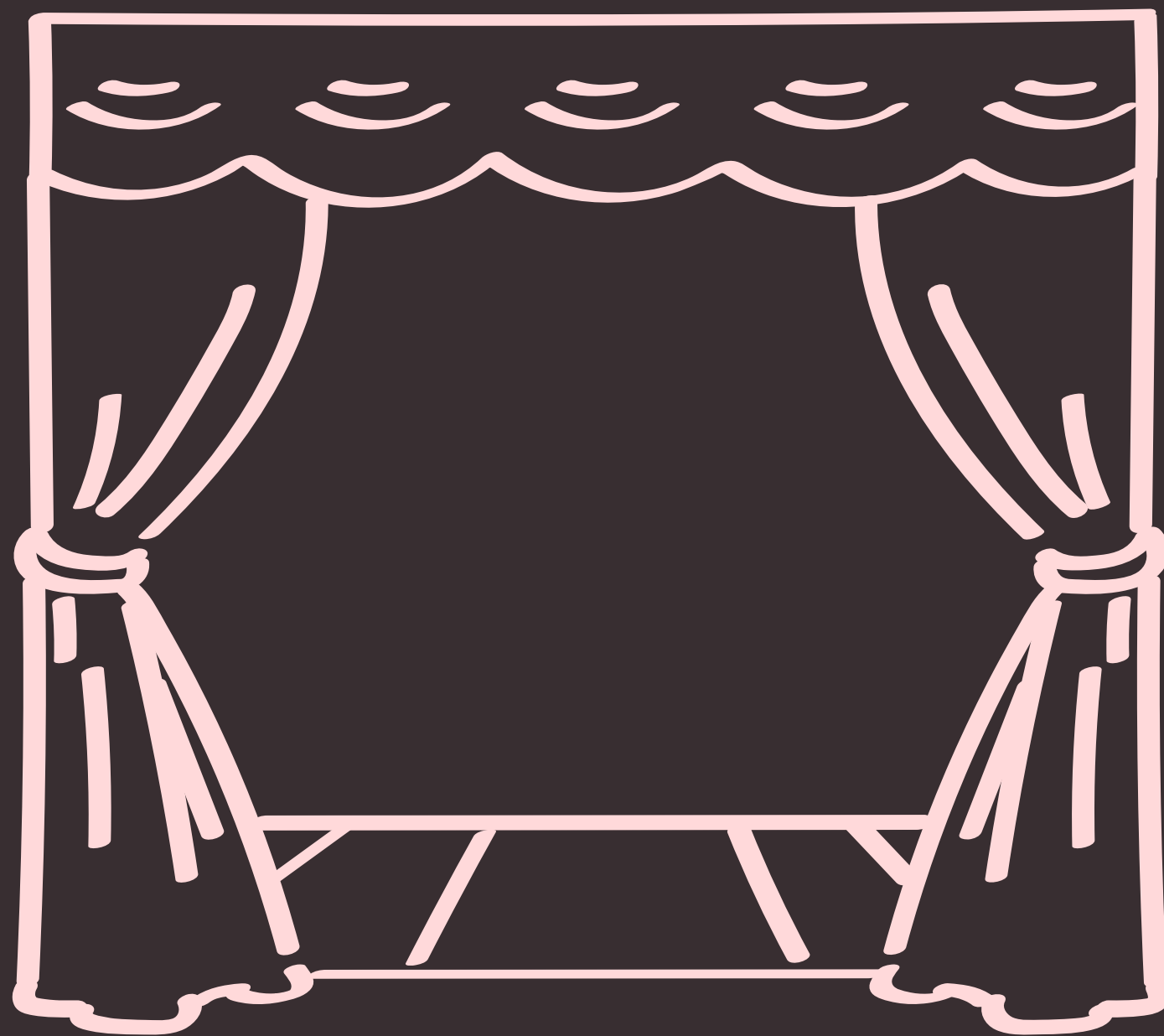
The Familiarity

THE MORE GENTLY I LET MYSELF BE SEEN,
THE LESS POWER SHAME HAS OVER ME.



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The Spotlight

IT IS SAFE FOR A MOMENT TO BE ABOUT ME.



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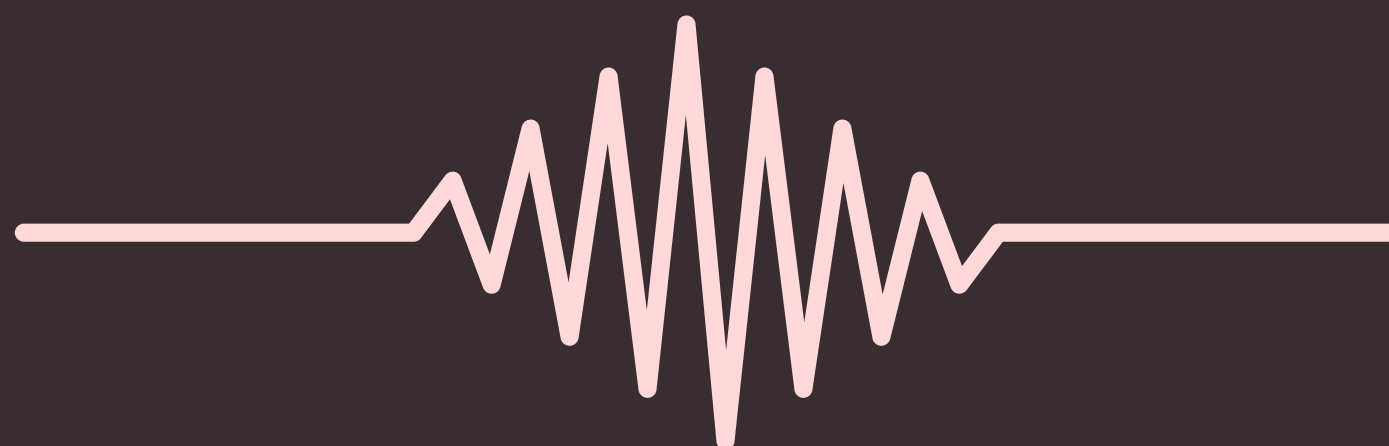
The Entrance

I DO NOT HAVE TO SHRINK BEFORE I WALK
INTO THE ROOM.



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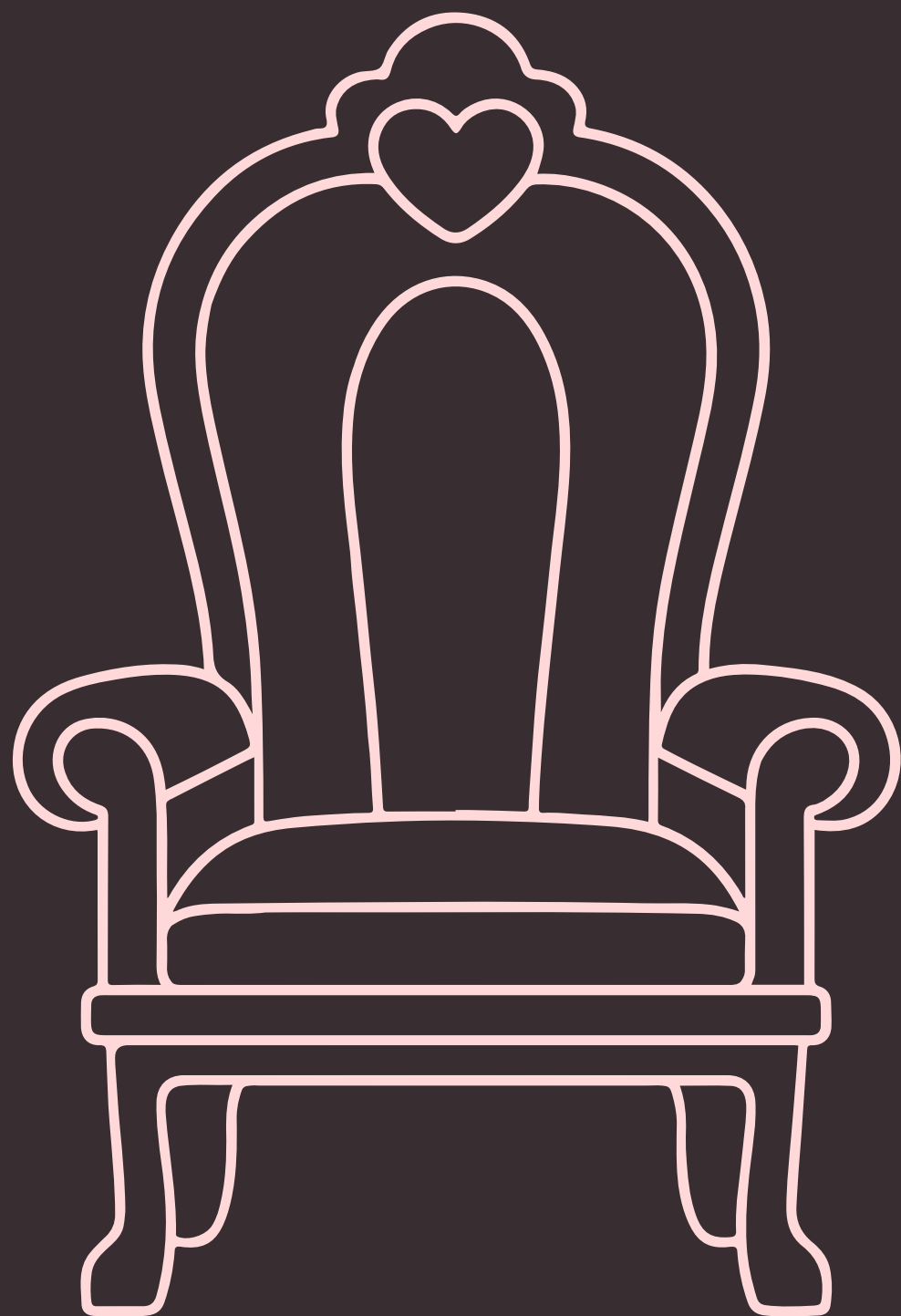
The Voice

MY WANTS, MY NO, AND MY TRUTH DESERVE
TO BE HEARD.



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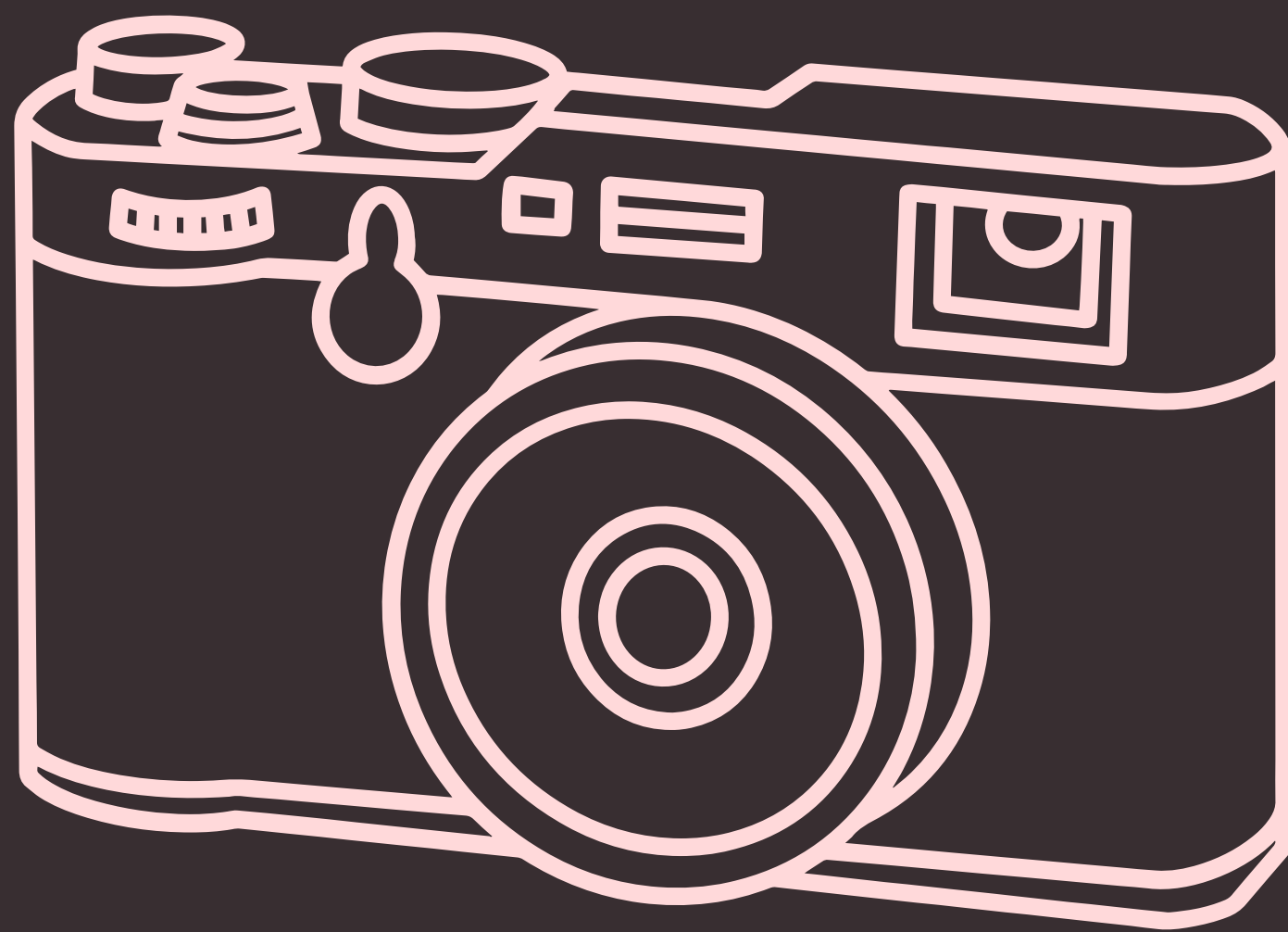
The Seat at the Table

I DO NOT HAVE TO EARN MY PLACE BY BEING
SMALLER, QUIETER, OR EASIER TO DIGEST.



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The Photograph

I AM ALLOWED TO EXIST IN PHOTOS WITHOUT
TURNING THEM INTO EVIDENCE AGAINST
MYSELF.



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The Witness

BEING SEEN BY THE RIGHT PEOPLE IS
MEDICINE.



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The Attention

ATTENTION DOES NOT HAVE TO BE
DANGEROUS TO BE REAL



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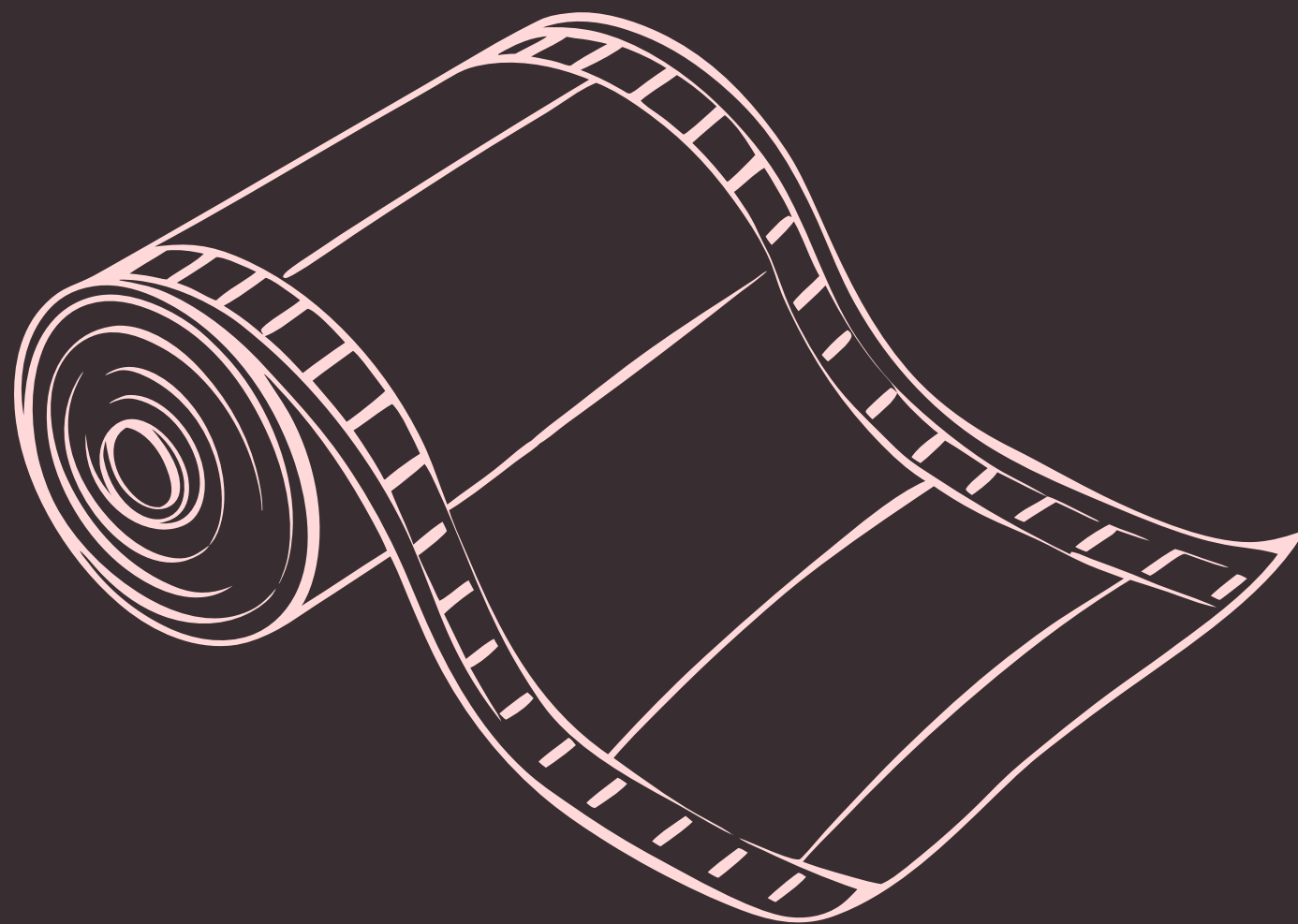
The Room

I AM ALLOWED TO TAKE UP THE WHOLE ROOM
WITHOUT APOLOGIZING FOR MY SHAPE,
VOICE, OR PRESENCE.



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The Main Character

I AM ALLOWED TO BE THE SUBJECT, NOT JUST
THE SUPPORTING CAST IN MY OWN LIFE.



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The Evidence

I HAVE ENOUGH PROOF ALREADY THAT I AM
BEAUTIFUL, LOVABLE, AND UNFORGETTABLE



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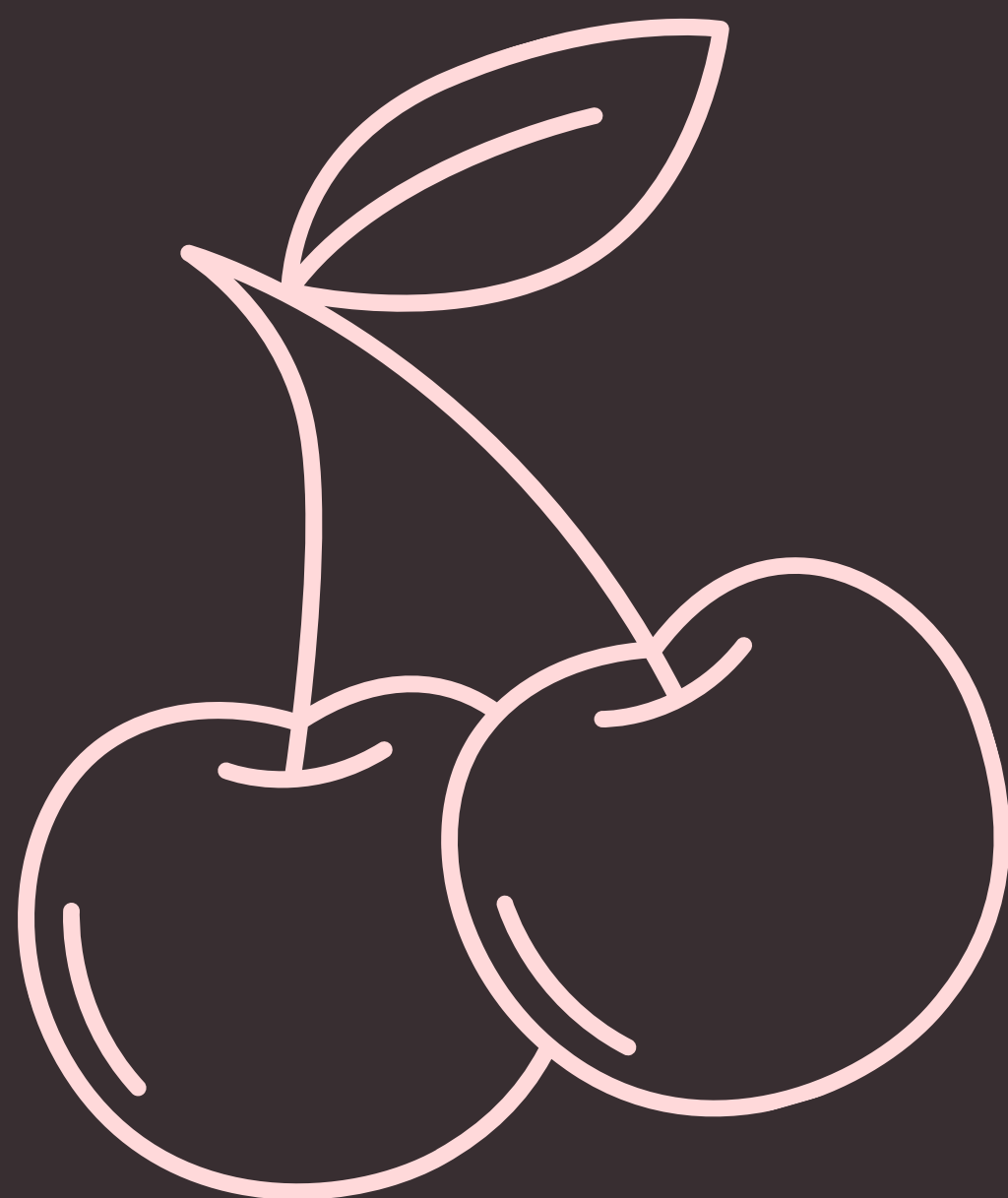
The Desire to be Seen

WANTING TO BE SEEN IS NOT EMBARRASSING.
IT IS ONE OF THE MOST HUMAN THINGS
ABOUT ME.



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The Appetite

MY HUNGER IS NOT A PROBLEM. IT IS
INFORMATION.



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The Want

I TRUST MY WANTS MORE THAN MY SHAME



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The Pleasure Practice

PLEASURE DOES NOT HAVE TO BE EARNED
THROUGH EXHAUSTION



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The Heat

I AM ALLOWED TO FEEL HOT BEFORE ANYONE
ELSE AGREES WITH ME.



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The Kiss

I AM WORTHY OF TENDERNESS, LONGING,
AND AFFECTION EXACTLY AS I AM.



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The Bedroom

I DO NOT NEED A DIFFERENT BODY TO
DESERVE PLEASURE



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The Gold

I AM NOT "TOO MUCH." I AM RICHLY MADE.



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The Feast

I AM HERE FOR A FULL LIFE, NOT A
CAREFULLY PORTIONED ONE



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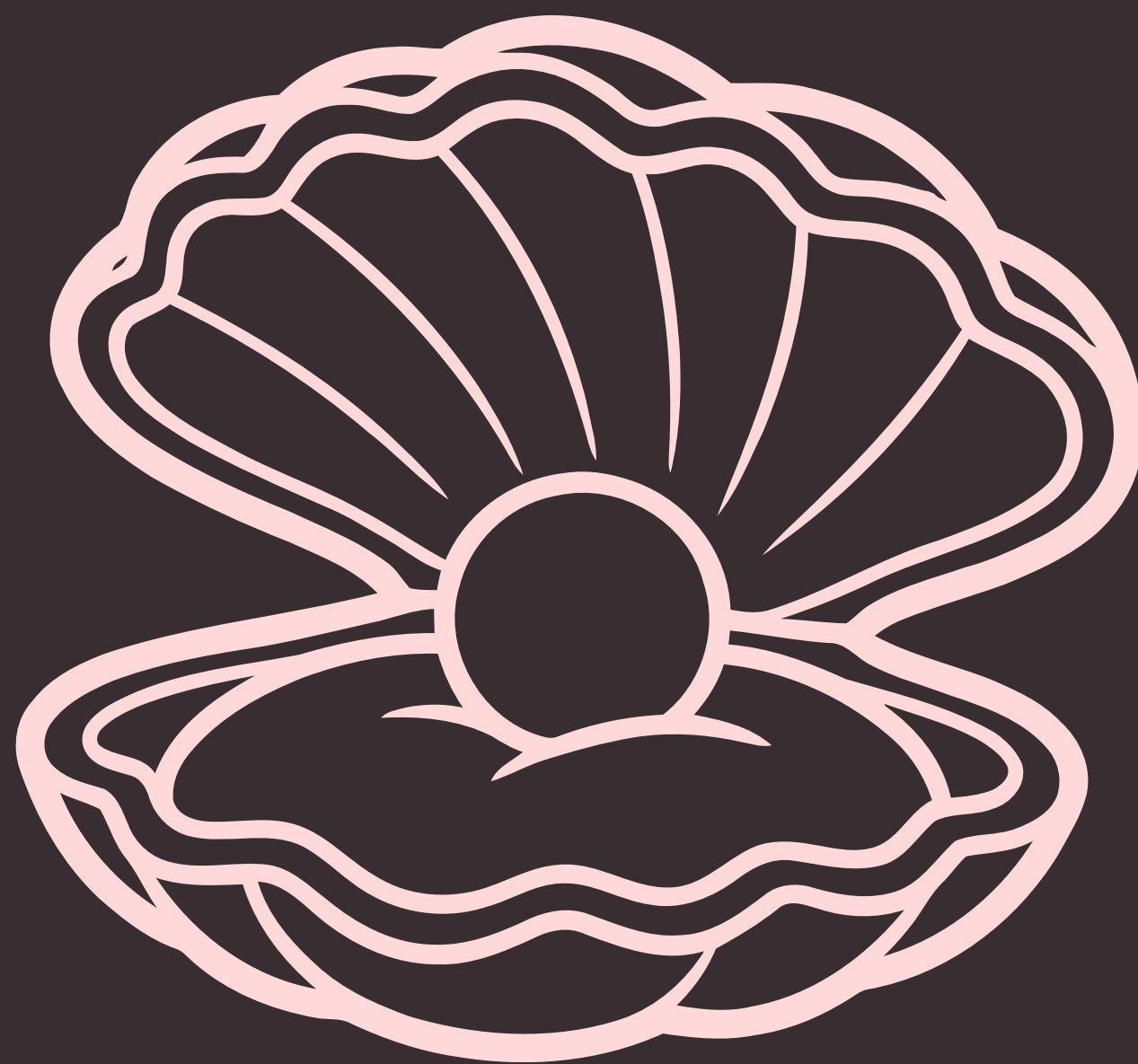
The Receiving

I CAN RECEIVE COMPLIMENTS, PLEASURE,
HELP, BEAUTY, AND GOOD THINGS WITHOUT
DEFLECTING THEM.



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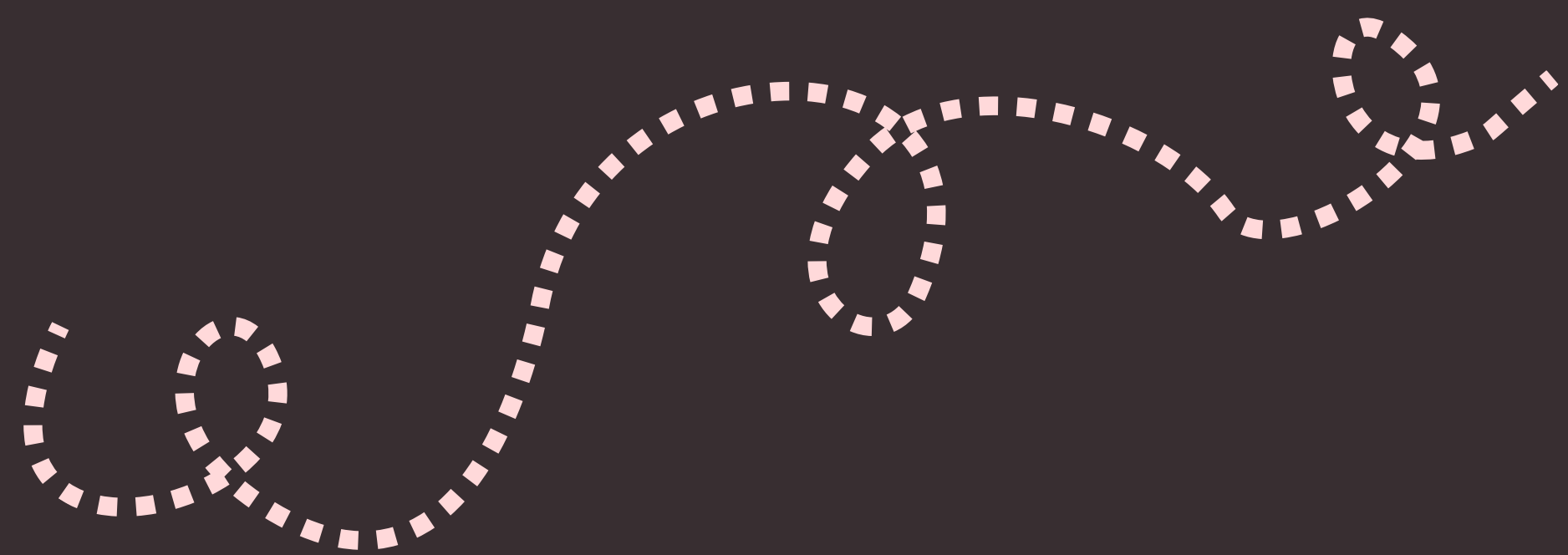
The Luxury

NICE THINGS DO NOT HAVE TO BE JUSTIFIED
TO BELONG TO ME.



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The Desire Line

THE THINGS I WANT ARE NOT RANDOM.
THEY ARE CLUES.



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The Spiral

A BAD BODY IMAGE MOMENT IS NOT A
PROPHECY OR FOREVER



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The Rest

I CAN START THIS DAY OVER AS MANY TIMES
AS I NEED TO



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The Breath

BEFORE I CRITICIZE MYSELF, I COME BACK TO
MY BODY AND BREATHE



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The Tuesday

I DESERVE SUPPORT EVEN ON ORDINARY,
UNIMPRESSIVE, RANDOM-ASS DAYS



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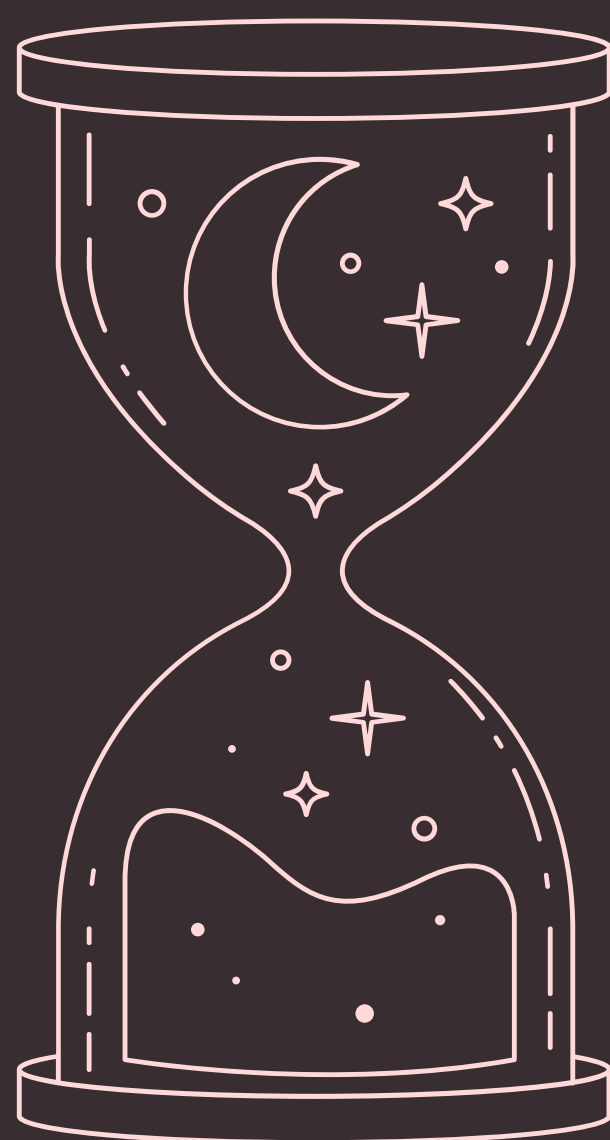
The Next Thing

I DO NOT NEED A TOTAL TRANSFORMATION
RIGHT NOW. I JUST NEED THE NEXT KIND
THING.



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The Pause

I AM ALLOWED TO PAUSE
BEFORE I ABANDON MYSELF



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The Nervous System

NOT EVERY PANIC ABOUT MY APPEARANCE
IS THE TRUTH. SOMETIMES IT IS JUST MY
BODY ASKING FOR GENTLENESS.



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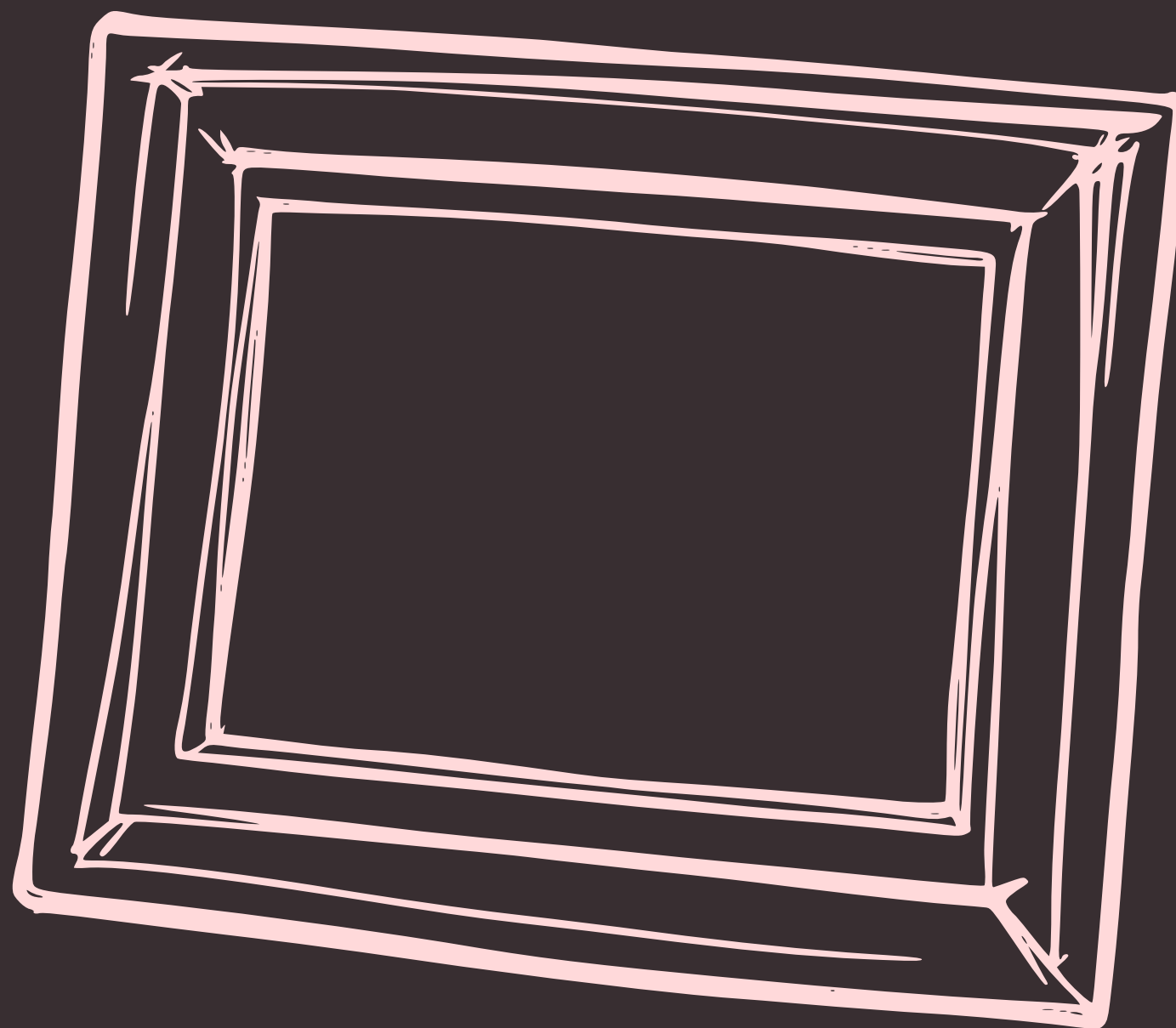
The Grounding

I COME BACK TO WHAT IS REAL: MY BREATH,
MY BODY, THIS MOMENT, MY LIFE



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The Reframe

ONE BAD ANGLE DOES NOT CANCEL
OUT MY BEAUTY



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The Aftermath

EVEN AFTER I SPIRAL, I AM STILL ALLOWED
BACK INTO MY DAY



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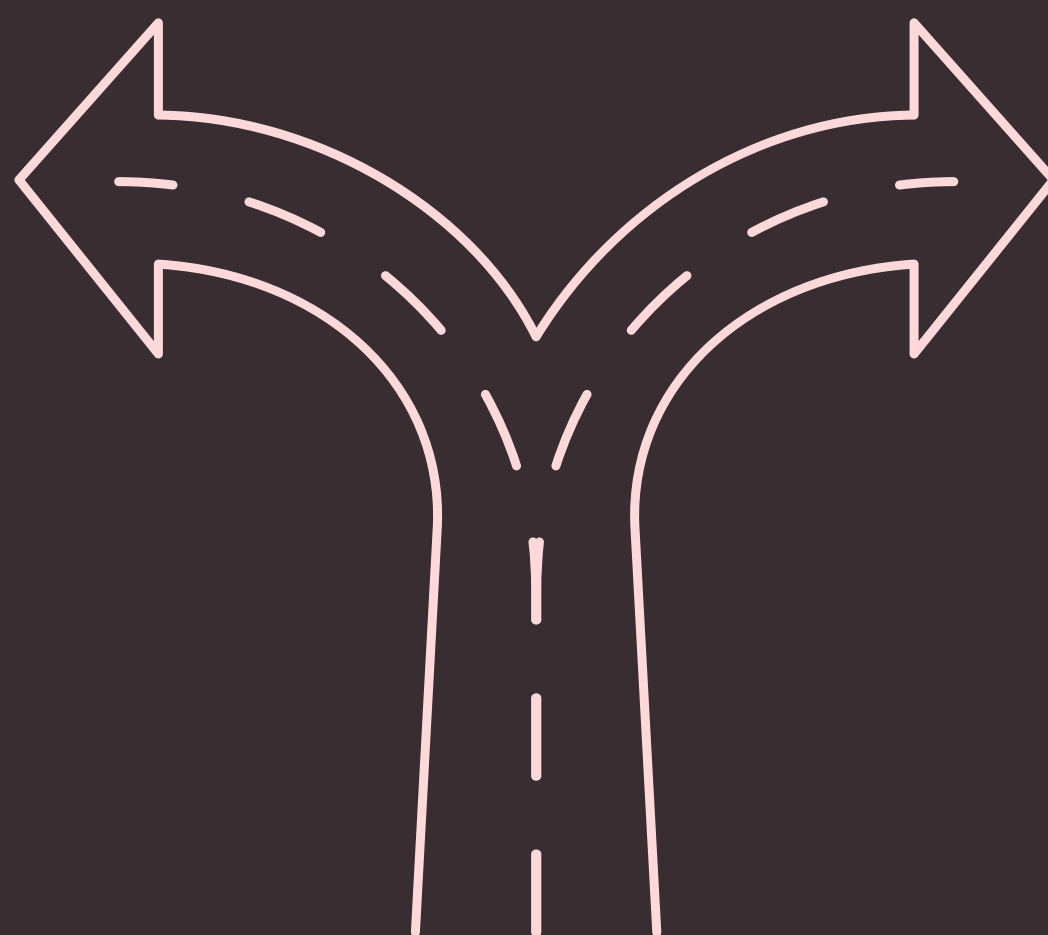
The Hot Girl

HOT IS NOT A BODY TYPE. HOT IS A WAY OF
SHOWING UP.



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The Choice

I CHOOSE HOT, EVEN IF I DO NOT FEEL ALL
THE WAY THERE YET



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The Permission to Begin

I DO NOT HAVE TO WAIT UNTIL I AM FIXED TO
BEGIN ENJOYING MYSELF



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The Future Self

THE WOMAN I AM BECOMING IS BUILT BY
WHAT I PRACTICE TODAY.



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The Weirdness

MY WEIRDNESS IS PART OF MY MAGNETISM



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The Enoughness

I AM NOT ALMOST WORTHY.
I AM WORTHY NOW



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The Devotion

CARING FOR MYSELF IS NOT VANITY.
IT IS DEVOTION.



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The Life

I REFUSE TO KEEP WAITING FOR A DIFFERENT
BODY BEFORE I LET MYSELF HAVE A
BEAUTIFUL LIFE



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