

The Empowered Patient: “A Personal Resolution”

I resolve to:

Explore my options
Choose what works best for me
Refuse to be denied access
Refuse to accept barriers
Know my rights and responsibilities
Recognize when others lack respect
Respect myself first
Accept nothing less from others

Refuse to be arrogant when facing opposition
Know my ground, and stand it
Recognize abuse from others
Refuse to ever accept it
Work toward peaceful resolution
Never seek ‘peace at any price’
Recognize when to fight for rights
And when to move forward alone

Remember that the spirit must be free
Accept no manipulation
Recognize other’s true motives
Recognize when words don’t feel “right”
Trust my gut instinct
Recognize that our Knowing is our safety
Seek safety in all situations
Recognize another’s personal agenda

Be respectful of others’ needs
Allow for individual expression
Allow for my own mistakes
Forgive the mistakes of others
Trust my internal wisdom
Allow myself to love freely
Accept no strings to love
Begin with self-love

Make the world a better place
Seek solutions rather than conflict
Seek consensus when appropriate
Seek to support another’s journey
Let my love be for all humanity
Judge another only by actions
Enjoy the specialness of human diversity
Seek daily to live freely.