



I feel free to express myself openly.

One of my greatest gifts is my ability to express myself openly. Although many find it challenging, I find that it is easy to let others know my thoughts and ideas.

I have many great friendships because of my openness. People trust me and find me interesting. *My openness serves as an inspiration to them.* It helps them see how comfortable communicating can be.

It is liberating to be free of a need to censor myself. The best parts of me are free to come out. Freely communicating my thoughts and feelings allows others to get to know the “real” me and strengthens our bonds of love or friendship.

Being able to express myself openly is an exciting way to live. It is also very peaceful. I carry this feeling of peace everywhere I go, like a suit of armor.

When I feel myself becoming self-conscious, I remember that I only have to impress myself. *I know I am worthy of others' attention and have positive things to say.* I can be confident that what I have to say will be received well.

Today, I feel comfortable sharing my thoughts, feelings, and ideas. People are drawn to me because of this. I am comfortable in my own skin. I show others they can be comfortable, too.

Self-Reflection Questions:

1. How much freedom do I feel to be open with people?
2. In what situations do I feel stifled or constricted?
3. What can I do to express myself more openly?