

WAIVER

I understand that during the course of my life I will be required to make many decisions, such as where I want to live, whom I want to live with, where I work, how much fun I have, and how I spend my money and time, including how much time I spend waiting for things to get better and people to change, and whom I choose to love. I understand that many events that occur will be out of my hands and that there are inherent dangers and risks in all decisions I make. Life and people have no obligation whatsoever to live up to my expectations; I have no obligation to live up to the expectations of anybody else. Life is a high-risk sport, and I may become injured along the way.

I agree that all the decisions I make are mine and mine alone, including how I choose to handle the events that are beyond my control. I hereby forfeit my right to recourse as a victim, including my rights to blame, complain, and whine or hold someone else responsible for the path I choose to take.

I am responsible for my participation—or lack of it—in life. And I take complete responsibility for the outcomes and consequences of all decisions I make, understanding that ultimately it is my choice whether I become happy, joyous, and free or stay miserable and trapped. Although people may voluntarily nurture and love me, I and I alone am responsible for taking care of and loving myself.

Signed:_____Dated:_____

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