

Affirmations for Women Rabbis

Compiled by Rabbi Susan Grossman

I have permission to:	I have permission not to:
Lead Use my referential power	Manage Overly rely on relationships
Delegate	Overfunction (What will happen in the long term if I do it myself?)
Treat Absurdity with Humor and Grace (TTD: collect jokes and light hearted retorts)	Take it personally or become defensive
Be Angry	Silently submit, emotionally distance or ineffectually fight Ineffectively fight = blame, complain, label or vent
Prepare for resistance to change	Give in to pushback or emotional blackmail
Be emotionally engaged (Stay calm, stay out, stay engaged)	Triangulate
Stand up when challenged	Acquiesce or act demurely (No giving in to bullies)
Be Competitive or self-promoting	Fear success
Ask for what I want I can't get what I want without asking for it in a serious way	Get everything I want
Be creative and visionary	Put aside my own agenda when someone wants something else
Focus on the task at hand	Focus on what to wear
Look my best	Be uncomfortable or hurt my body
Be direct and honest Be thoughtful	Remain silent or hide my feelings Be Reactive (Every action has a reaction: what reaction do I hope for?)
Choose my battles	Compromise my values
Nurture and be responsive	Take all responsibility
Set limits Serve	Do everything asked of me Sacrifice
Name discrimination and harassment	Use it as an excuse for being fearful, stuck, or martyred
Take time for myself	Get everything done

Additional Affirmations: