

ESCAPE FROM THE TYRANNY OF GUILT CERTIFICATE

This is to certify that is better suited to happiness than to misery, and deserves a priority in his/her own life. Therefore has declared independence from the tyranny of Guilt. After gaining independence s/he will no longer be susceptible from invitations to others to take hyper-responsibility others by putting his/her needs, rights and goals to one side in order to address their concerns. Henceforth will vigorously defend the right to identify as the person best suited to decide what is fitting for him/her as a person.

On this date the struggle for independence was declared/ begun/ 10%, 20%, 40%, 60%, 80%,100% achieved *(choose one)*

Signed

Witnessed.....