

## Permission Slip

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Your Army Wife Life will get consumptive, irksome, and a bit absurd at some point, at least once. Be ready!

**Feel free to keep this permission slip easily accessible for those times.**

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Army Wife Network gives permission to \_\_\_\_\_, Army Wife to \_\_\_\_\_, to rant to an interested 3d party, to rave about your husband's service to no one in particular, to wear the same thing twice in a week, to dress up just for you, to eat cereal for dinner, to make a birthday cake (and eat as much as you like) in honor of your deployed husband, to save Christmas dinner for July, to take a mental health day, to check email one more time, to wear his deodorant while he's away or to wish he had a Field Exercise coming up, and to make any other allowances as necessary to make it one more day.

In case of an emergency, identify (below) your direct support—available for advice, a meal, a hug, or any helpful thing relatable to the situation at hand:

\_\_\_\_\_  
*(Battle Buddy Name)*

\_\_\_\_\_  
*(Phone Number)*

\_\_\_\_\_  
*(Approving Authority Signature)*

\_\_\_\_\_  
*(Name)*

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