

Personal Bill of Rights

I have these rights. Others have them too. Exercising my rights does not take theirs away.

1 I have the right not to be responsible for another person's behaviour, actions, feelings or problems.

2 I have the right to ask for what I want.

3 I have the right to say no to requests or demands I can't meet.

4 I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.

5 I have the right to say 'I don't know'.

6 I have the right to answer or respond when I am ready.

7 I have the right not to give excuses or reasons for my behaviour.

8 I have the right to express all of my feelings, positive or negative.

9 I have the right to feel angry about something someone I love has said or done.

10 I have the right to change my mind.

11 I have the right to make mistakes and not have to be perfect.

12 I have the right to follow my own values and standards.

13 I have the right to determine my own priorities.

14 I have the right to be uniquely myself.

15 I have the right to change and grow.

16 I have the right to my personal space and time.

17 I have the right to make friends and be comfortable around people.

18 I have the right to be playful and frivolous.

19 I have the right to expect honesty from others.

20 I have the right to have my needs and wants respected by others.

21 I have the right to be treated with dignity and respect.

22 I have the right to be in a non-abusive environment.