

Personal Bill of Rights

I have the right to ask for what I want.

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

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

I have the right to change my mind.

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

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

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

I have the right to determine my own priorities.

I have the right not to be responsible for others' behavior, actions, feelings or problems.

I have the right to expect honesty from others.

I have the right to be angry at someone I love.

I have the right to be uniquely myself.

I have the right to feel scared and say "I'm afraid."

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

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

I have the right to make decisions based on my feelings.

I have the right to my own needs for personal space and time.

I have the right to be playful and frivolous.

I have the right to be healthier than those around me.

I have the right to be in a nonabusive environment.

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

I have the right to change and grow.

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

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

I have the right to be happy.



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