

## **Personal Bill of Rights**

I have the right to...

Say no to requests or demands I can't meet.  
Express all of my feelings, positive or negative.  
Change my mind.  
Make mistakes and not have to be perfect.  
Follow my own values and standards.  
Say no to anything when I feel I am not ready, it is unsafe, or it violates my values.  
Determine my own priorities.  
Not be responsible for others' behavior, actions, feelings or problems.  
Expect honesty from others.  
Be angry at someone I love.  
Be uniquely myself.  
Feel scared and say, "I'm afraid."  
Say "I don't know."  
Not to give excuses or reasons for my behavior.  
Make decisions based on my feelings.  
My own needs for personal space and time.  
Be playful and frivolous.  
Be healthier than those around me.  
Be in a non-abusive environment.  
Make friends and be comfortable around people.  
Change and grow.  
Have my needs and wants respected by others.  
Be treated with dignity and respect.  
Be happy.  
Think about ME without feeling selfish.

**If you carefully read through this list every day, eventually you will learn to accept that YOU are entitled to each of these rights.**