

PERSONAL BILL OF RIGHTS

I have the right to ask for what I want even though I may not receive what I desire.

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

I have the right to express all my feelings, positive or negative in a healthy way.

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' behaviour, actions, feelings or problems.

I have the right to expect honesty from others.

I have the right to feel angry with someone I love.

I have the right to be uniquely myself.

I have the right to feel scared and say I am afraid.

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

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

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

I have the right to be playful and childlike when appropriate.

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

I have the right to be in a non abusive 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.