My rights

A list of basic rights that apply to you and to everyone else.

These apply to you, and to everyone you deal with. Tick the ones you already live by. Circle the ones you find hard to believe.

- [ ] I have the right to be treated with respect.
- [ ] I have the right to say no without feeling guilty.
- [ ] I have the right to have feelings and to express them.
- [ ] I have the right to have needs, and for them to matter as much as other people's.
- [ ] I have the right to ask for what I want, knowing the answer may be no.
- [ ] I have the right to change my mind.
- [ ] I have the right to make mistakes.
- [ ] I have the right to say "I do not know" or "I do not understand".
- [ ] I have the right to take time to think before I answer.
- [ ] I have the right to my own opinions and values.
- [ ] I have the right not to be responsible for other adults' feelings or problems.
- [ ] I have the right to privacy and time to myself.
- [ ] I have the right to be listened to and taken seriously.
- [ ] I have the right to end a conversation in which I am being disrespected.
- [ ] I have the right to choose not to assert myself.

The rights I find hardest to believe apply to me

Where did I learn that they did not?

How would I act this week if I fully believed one of them?

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