

# Personal Bill of Rights

1. *I have the right to ask for what I want.*
2. *I have the right to say no to requests or demands I cannot meet.*
3. *I have the right to express all of my feelings, positive or negative.*
4. *I have the right to change my mind.*
5. *I have the right to make mistakes and not have to be perfect.*
6. *I have the right to follow my own values and standards.*
7. *I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.*
8. *I have the right to determine my own priorities.*
9. *I have the right not to be responsible for others' behaviors, actions, feelings, or problems.*
10. *I have the right to expect honesty from others.*
11. *I have the right to be angry at someone I love.*
12. *I have the right to be uniquely myself.*
13. *I have the right to feel scared and say, "I'm afraid."*
14. *I have the right to say, "I don't know."*
15. *I have the right not to give excuses or reasons for my behavior.*
16. *I have the right to make decisions based on my feelings.*
17. *I have the right to my own needs for personal space and time.*
18. *I have the right to be playful and frivolous.*
19. *I have the right to be healthier than those around me.*
20. *I have the right to be in a non-abusive environment.*
21. *I have the right to make friends and be comfortable around people.*
22. *I have the right to change and grow.*
23. *I have the right to have my needs and wants respected by others.*
24. *I have the right to be treated with dignity and respect.*
25. *I have the right to be happy.*

~ Author Unknown ~

