

Personal Bill of Rights

1. I have the right to express all of my feelings, positive or negative.
2. I have the right to change my mind.
3. I have the right to make mistakes and not have to be perfect.
4. I have the right to follow my own standards and standards.
5. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
6. I have the right to determine my own priorities.
7. I have the right not to be responsible for others' behavior, actions, feelings, or problems.
8. I have the right to expect honesty from others.
9. I have the right to be angry at someone I love.

10. I have the right to be uniquely myself.
11. I have the right to feel scared and say "I'm scared."
12. I have the right to say "I don't know."
13. I have the right not to give excuses or reasons for my behavior.
14. I have the right to make decisions based on my feelings.
15. I have the right to my own needs for personal space and time.
16. I have the right to be playful and frivolous.
17. I have the right to be healthier than those around me.
18. I have the right to be in a non abusive environment.
19. I have the right to make friends and be comfortable around people.
20. I have the right to change and grow.

21. I have the right to have my needs and wants respected by others.
22. I have the right to be treated with dignity and respect.
23. I have the right to be happy.
24. I have the right to believe I am a worthwhile person,
JUST BY BEING HERE AND ALIVE!!!