

Personal Bill of Rights (Long Version)

I have the right to . . .

- Ask for what I want
- Seek and accept, or decline, help without undue shame, guilt or anxiety
- Say no to requests or demands I can't, or don't want to, meet
- Express all of my feelings, positive or negative
- Change my mind at any time
- Make mistakes and not have to be perfect
- Follow my own values and standards
- Not do anything when I feel I am not ready, it is unsafe, or it violates my values
- Determine and honour my own priorities
- Not be responsible for others' behaviour, actions, feelings, or problems
- Expect honesty from others
- Feel angry towards someone I love
- Discover and know my Child within
- Be myself and be good enough
- Nurture, love and value myself as much as I do others who are important to me
- Feel scared and say, "I'm afraid"
- Say, "I don't understand"
- Not to justify myself
- Make decisions
- My own needs for personal space and time
- Be spontaneous and playful
- 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
- Pursue the paths and goals I wish to in my life
- Respectfully tell people when their behaviour is affecting me
- Be happy

Personal Bill of Rights (Short Version)

I have the right to . . .

- Be treated with respect
- Say no and not feel guilty
- Experience and express my feelings
- Take time for myself
- Change my mind
- Ask for what I want
- Ask for information
- Do less than I am humanly capable of
- Act only in ways that promote my dignity and self-respect as long as others' are not violated in the process