

This is to remind you that you do not have to be everything to everyone, and that YOU are IMPORTANT.

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 can't meet.**
- 3. I have the right to change my mind.**
- 4. I have the right to make mistakes and not have to be perfect.**
- 5. I have the right to follow my own values and standards.**
- 6. I have the right to express all of my feelings, both positive or negative, in a manner that will not harm others.**
- 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' behavior, actions, feelings or problems.**
- 10. I have the right to expect honesty from others.**
- 11. I have the right to feel angry at someone I love and to express this in a responsible manner.**
- 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 to make decisions based on my feelings, beliefs and values.**
- 16. I have the right to my own reality.**
- 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 healthy.**

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 grieve.

26. I have the right to a fulfilling sex life.

27. I have the right to be happy.

Source: (Adapted by Mary Ellen Copeland from the Anxiety and Phobia Workbook, Edmund J. Bourne, Ph.D., 1990, New Harbinger Publications, Oakland, CA.)