

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**.
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.***