

## Personal Bill of Rights

- I have the right not to be responsible for the actions and problems of others.
- I have the right not to justify my behavior and my decisions.
- I have the right to ask for what I want.
- I have the right to be angry at someone I love.
- I have the right to change my mind.
- I have the right to determine my own priorities.
- I have the right to expect honesty and respect from others.
- I have the right to express all of my feelings—positive and negative.
- I have the right to feel safe, and be in non-abusive relationships.
- I have the right to follow my own values and beliefs.
- I have the right to make mistakes.
- I have the right to say no to anything that conflicts with my values.
- I have the right to say no to demands that I cannot meet.
- I have the right to say, “I don’t know.”
- I have the right to be healthier than those around me.
- I have the right to be myself.
- I have the right to change and grow.