

My Personal bill of rights



I have the right to make my own choices.

I have the right to follow my own values and standards, as long as I am not abusive towards others.

I have a right to dignity and respect.

I have a right to all of my feelings.

I have the right to express myself as long as I am not abusive toward others.

I have a right to determine and honour my own priorities.

I have a right to recognize and accept my own value system as appropriate.

I have a right to have my needs and wants respected by others.

I have the right to say no when I feel I am not ready, unsafe, or if it violates my values.

I have the right to make mistakes and not have to be perfect.

I have the right not to be responsible for others' behaviour, actions, feelings, or problems.

I have a right to be uniquely me, without feeling I'm not good enough.

I have the right to make decisions based on my feelings and judgment for any reason.

I have the right to change my mind at any time.

I have the right to my personal space and time needs.

I have the right to be flexible and be comfortable with doing so.

I have the right to be in a safe, non-abusive environment.

I have the right to forgive others and forgive myself.

I have the right to give and receive unconditional love.

I have the right to enjoy being sexual and celebrate my sexuality.

I have the right to my own spiritual beliefs and to celebrate them.

I have the right to grieve when I don't get what I need.

I have the right to grieve when I get something I didn't need or want.

I have the right to joyfully receive without feeling guilty.

I have the right to healthy relationships of my choice.

I have the right to be angry with someone I love.

I have the right to be, and can be, healthier than those around me.

I have the right to trust others who earn my trust.

I have the right to terminate conversations for any reason.

I have a right to expect honesty from others.

I have the right to change and grow.

I have the right to follow my own path.

I have the right to be happy.