

1. I have the right to ask for what I want.
2. I have the right to say “NO” without giving an explanation.
3. I have the right to express all my feelings, both positive and negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not be perfect.
6. I have the right to follow my own values and standards.
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, feelings, or problems.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.
13. I have the right to feel scared.
14. I have the right to say, “I am not sure” or “I don’t know”.
15. I have the right not to give excuses for my behavior.
16. I have the right to make decisions based on my own feelings.
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 healthier than those around me.
20. I have the right to be in a non-abusive environment.
21. I have the right to make friends and feel 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 be happy.