

BASIC PERSONAL RIGHTS

1. I have the right to ask for what I want
2. I have the right to say “No”
3. I have the right to feel and express my feelings, both positive and negative
4. I have the right to make mistakes
5. I have the right to have my own opinions and convictions
6. I have the right to be treated with dignity and respect
7. I have the right to change my mind or decide on a different course of action
8. I have the right to protest unfair treatment or criticism
9. I have the right to expect honesty from others
10. I have the right to my own values and standards
11. I have the right to be angry at someone I love
12. I have the right to say “I don’t know”
13. I have the right to negotiate for change
14. I have the right to be in a non-abusive environment
15. I have the right to ask for help or emotional support
16. I have the right to my own needs for personal space and time, even if others would prefer my company
17. I have the right not to have to justify myself to others
18. I have the right not to take responsibility for someone else’s behaviour, feelings, or problems
19. I have the right not to have to anticipate others’ needs and wishes
20. I have the right not to always worry about the goodwill of others
21. I have the right to choose not to respond to a situation

