

Bill of Rights

1. I have the right to state my own needs and set my own priorities as a person independent of any roles that I may assume in my life.
2. I have the right to be treated with respect as an intelligent, capable and equal human being.
3. I have the right to express my feelings.
4. I have the right to express my opinions and values.
5. I have the right to say 'yes' and 'no' for myself.
6. I have the right to make mistakes.
7. I have the right to change my mind.
8. I have the right to say I don't understand.
9. I have the right to ask for what I want.
10. I have the right to decline responsibility for other people's problems.
11. I have the right to deal with others without being dependent on them for approval.