

My Basic Rights

I have the right to:

- ◆ Decide how to lead my life (including pursuing my own goals and dreams, and establishing my own priorities).
- ◆ My own needs for personal space and time.
- ◆ Have my needs and wants respected by others.
- ◆ Ask for what I want.
- ◆ Not have to justify or explain my behaviour to others.
- ◆ Be treated with dignity and respect (and to tell others how I wish to be treated).
- ◆ My own values, beliefs, opinions and emotions (and to respect myself for them, no matter the opinion of others).
- ◆ Express all of my feelings. (Note: This does not mean act them out).
- ◆ Be angry with someone I love.
- ◆ Not to be responsible for others' behaviour, actions, feelings, or problems.
- ◆ The right to say no/I don't know/I don't understand, or even, I don't care (without feeling guilty).
- ◆ The right to ask for information or help (without having negative feelings about my needs).
- ◆ The right to change my mind, to make mistakes, and sometimes to act illogically (with full understanding and acceptance of the consequences).
- ◆ The right to have positive, satisfying relationships within which I feel comfortable and free to express myself honestly (and the right to change or end relationships if they don't meet my needs).

