

Personal Bill of Rights

- (1) I have numerous choices in my life beyond mere survival
- (2) I have a right to discover and know my Child Within
- (3) I have a right to grieve over what I didn't get that I needed or what I have got that I didn't need or want
- (4) I have a right to follow my own values and standards
- (5) I have a right to accept my own value system as appropriate
- (6) I have a right to say no to anything when I feel I am not ready, it is unsafe or violates my values
- (7) I have a right to dignity and respect
- (8) I have a right to make decisions
- (9) I have a right to determine and honour my own priorities
- (10) I have the right to have my needs and wants respected by others
- (11) I have the right to terminate conversations with people who make me feel put down and humiliated
- (12) I have the right not to be responsible for other's behaviour, actions, feelings or problems
- (13) I have a right to make mistakes and not have to be perfect
- (14) I have a right to all of my feelings
- (15) I have a right to be angry at someone I love
- (16) I have a right to be uniquely me, without feeling I'm not good enough
- (17) I have a right to feel scared and to say "I'm afraid"
- (18) I have the right to experience and then let go of fear, guilt and shame
- (19) I have a right to make decisions based on my feelings, my judgement or any reason that I choose
- (20) I have a right to change my mind at any time
- (21) I have the right to be happy
- (22) I have a right to stability, i.e., "roots" and stable healthy relationships of my choice
- (23) I have the right to my own personal space and time I need
- (24) There is no need to smile when I cry
- (25) It is OK to be relaxed, playful, and frivolous
- (26) I have the right to be flexible and be comfortable with doing so
- (27) I have the right to change and grow
- (28) I have the right to be open to improve communication skills so that I may be understood
- (29) I have a right to make friends and be comfortable around people
- (30) I have a right to be in a non-abusive environment
- (31) I can be healthier than those around me
- (32) I can take care of myself, no matter what
- (33) I have the right to grieve over actual or threatened loss
- (34) I have the right to trust others who earn my trust
- (35) I have the right to forgive others and to forgive myself
- (36) I have the right to give and to receive unconditional love